

Plant-Based Lifestyle Medicine Program at NYC Health + Hospitals/Bellevue

Frequently Asked Questions

Can you tell me more about this program?

The Bellevue Plant-Based Lifestyle Medicine Program is designed to help people get healthier by changing their lifestyle habits, especially their diet. The program encourages patients to adopt a plant-based diet. Adults with the following medical conditions are eligible to join: type 2 diabetes, prediabetes, heart disease, high blood pressure, high cholesterol, or overweight.

What is a plant-based diet?

A plant-based diet is an eating pattern that is rich in fruits, vegetables, beans, and whole grains, and low in animal products and processed foods.

Do I have to change to a plant-based diet to join this program?

This program welcomes you, even if you're not ready to "go all the way" to a fully plant-based diet. They will work with you to make changes at whatever pace you're comfortable with.

Who is eligible to join this program?

Any adult who has type 2 diabetes, prediabetes, heart disease, high blood pressure, high cholesterol, or is overweight is eligible to join this program.

If I join this program, am I changing my primary care doctor?

No, you can keep your primary care doctor. Our medical team will focus on helping you make lifestyle changes. They will communicate with your primary care doctor about your care.

Who will I see as part of this program?

Our medical team includes doctors, a registered dietitian, and a health coach. You'll be able to have frequent contact with members of the team to help you meet your goals.

How often will I have appointments in this program?

The medical team will work with you to decide how frequently you should be seen. You may have visits every two weeks, if needed.

Can this program help me reduce my medications?

Many people can reduce their medicines when they change their diet and lifestyle habits. Our medical team will work with you to help you get healthier, and if possible, lower your medications.

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