



## **Mackenthun's Fine Foods Health and Wellness Services**

851 Marketplace Drive, Waconia, MN 55337

Vision: To create an "Exceptional Experience" and promote the health and wellness of our customers and employees.

### **Dietitian Nutrition Services**

**Andrew Akhaphong, RD, LD, Pn1, ACTION-CPT** is your Mackenthun's Fine Foods registered/licensed dietitian. Andrew graduated from Minnesota State University – Mankato with a Bachelor of Science in Family Consumer Science in 2013. He completed his 1200-hour dietetic internship through Bluffton University; became a registered/licensed dietitian in 2014. As well, Andrew earned his culinary arts certification through Escoffier International Culinary Academy in 2016. Andrew has a diverse background in nutrition – restaurant, healthcare, and retail. His interests include fitness, cancer, HIV/AIDS, gut health, diabetes, congestive heart failure, liver disease, kidney disease, child and maternal health, and culinary arts. Andrew also holds certifications in sports nutrition, personal and group fitness training, and adult weight management.

#### **In-Store Hours**

(subject to change)

**Monday-Friday:** 8:30 am – 4:30 pm  
9:30 am – 5:30 pm

**Saturday-Sunday:** Varies

\*Flexible schedule: Appointments, tours, and guest speaking presentations can be scheduled outside of the times listed above.

#### **Contact Andrew for Dietitian Nutrition Services**

952 – 442 – 2512 x265

dietitian@mackenthuns.com





## **Complimentary Services**

### **Store Health Tours**

*Duration: 1 Hour*

During the store tours, you will explore each aisle and learn how to make healthy food choices, understanding the nutrition facts label, and MORE! The tours will also include meal planning tips and other important take home information to get started towards living a healthier lifestyle.

*\*You may request store tours to be customized to meet specific health needs or focus on specific topics.*

### **Assistance in the Aisles**

*Duration: Varies*

Ask the dietitian to assist in your needs around the aisles. This includes shopping assistance, WIC guidance, product education, cooking tips, answering nutrition/wellness-related questions, and MORE!

### **Guest Speaking Presentations**

*Duration: Varies*

Request the dietitian and/or pharmacist to discuss a topic of your choice – whether that is for a school, support group, non-profit, senior living community, sports team, and MORE!



## **Personalized Services**

*\*May require a physician or nurse practitioner referral*

**Medical Nutrition Therapy** is defined as, “nutritional diagnostic, therapy, and counseling services for the purpose of disease management which are furnished by a registered dietitian”. It is a one-on-one personalized nutrition program that focuses on topics such as weight loss, food allergies, diabetes management, heart health, and MORE! Focus will be on personalizing your nutritional plan while setting goals for short-term and long-term health. This often incorporates digging into your medical history, social and family history, medication/nutrition supplement use, laboratory work, nutrition-focused physical exam, and more.

### **Step 1: Complimentary 15-Minute Consult**

During this consult, you will provide information as to why you are considering a nutrition consult at this time, any other pertinent information, and how I may meet your needs to prepare for your initial consult.

### **Step 2: Initial Consult**

*Duration: Two, 60-minute sessions*

Prior to your appointment, your 15-minute consult information will be evaluated. During your two separate 60-minute sessions, you will set health goals and prepare a nutrition plan customized for you!

### **Step 3: Follow-Up Consult**

*Duration: 30 minutes per session*

Most clients require monthly sessions for about 2 – 6 months following the initial consult. During follow-up consults, your personalized nutrition plan will be adjusted, as needed, and goal setting will continue.

### **Payment Options**

Pricing varies based on your individual needs.

Please contact Andrew Akhaphong for more information.

952 – 442 – 2512 x265 | [dietitian@mackenthuns.com](mailto:dietitian@mackenthuns.com)

*\*Weekly phone visits are included in the initial and follow-up consults to help you stay on track!*



## Pharmacy Services

Visit your team of very dedicated pharmacists and pharmacy technicians to assist you in your medication, supplements, and immunization needs; as well as, answering any questions you may have including insurance coverage.

### Business Hours

**Monday-Friday:** 8:00 am – 8:00 pm

**Saturday:** 9:00 am – 5:00 pm

**Sunday:** 10:00 am – 2:00 pm

### Contact for Pharmacy Services

952 – 442 – 4407

pharmacy@mackenthuns.com

### Ask About

- Flavoring medications
  - Specific medications apply
- Online refills
- Pharmacy rewards program
- Dropping off prescriptions while you shop
- Medication interactions and side effects
- Immunizations
- Supplements

## **Complimentary Services**

### **Guest Speaking Presentations**

*Duration: Varies*

Request the dietitian and/or pharmacist to discuss a topic of your choice – whether that is for a school, support group, non-profit, senior living community, sports team, and MORE!

## **Personalized Services**

*\*May require a physician or nurse practitioner referral*

### **Medication Therapy Management**

*Duration: Varies*

Medication therapy management is defined as a “an individualized distinct service or group of services administered by pharmacists to optimize therapeutic outcomes (help patients get the most benefit from medications) and detect and prevent costly medication problems”.

Medication Therapy Management administered by a pharmacist result in:

- A review of all medications prescribed including over-the-counter medications, nutritional supplements, and herbal supplements that the individual is taking.
- Identifying problems such as medications not being used correctly, duplication of medications, unnecessary medications, and the need for medications for an untreated or inappropriately managed condition.
- In-depth, medication-related education, consultation, and advice.
- Collaboration with the individual, physician/nurse practitioner, and other health care providers to develop and achieve optimal goals of medication therapy.

### **Payment Options**

Pricing varies based on your individual needs.

Please contact the pharmacy for more information.

952 – 442 – 4407 | [pharmacy@mackenthuns.com](mailto:pharmacy@mackenthuns.com)