

John Flood, RD

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Professional Experience

Noom Inc. Remote

July 2019 – Current

Virtual Health Coach

- Utilized motivational interviewing techniques to create individualized plans for weight loss
- Helped enroll and onboard new clients on a regular basis
- Consistently followed up with clients to provide support, motivation, and encouragement
- Worked as a mentor to teach, train, and prepare new coaches for their role with Noom
- Managed a high caseload consistently and efficiently from enrollment to completion of the program

On Point Nutrition Zionsville, IN

Dec. 2018 - Current

Outpatient Dietitian

- Worked with numerous clients seeking to lose weight, eat better, and decrease the risk of chronic disease, including diabetes, hypertension, heart disease, and others
- Educated clients on all aspects of prevention and improvement through in person, phone, and e-mail, along with regular follow ups
- Track and quantify patients progress, and provide consistent feedback and guidance

Lincare Indianapolis, IN

Feb. 2009 – July 2019

Senior Medical Nutrition Specialist

- Provided clinical oversight for home enteral patients, including outpatient education, nutrition assessments, motivational interviewing, troubleshooting, and communication with doctors, nurses, and other members of the medical team to ensure the best possible care
- Supported and managed multiple dietitians and offices in 6 states around the Midwest
- Trained all new dietitian hires on clinical aspects of the job, and insurance/coverage policies
- Participated in vendor fairs, lunches, and sales calls to find new leads and maximize retention

Education

Virginia Commonwealth University Richmond, VA
Dietetic Internship Program

December 2008

SUNY Plattsburgh Plattsburgh, NY
Bachelor of Science in Clinical Nutrition

December 2006

Certifications

Registered Dietitian through the Commission on Dietetic Registration
Certified Personal Trainer through the National Academy of Sports Medicine