

# Eat your way to better health

with free nutrition counseling



## Members can take advantage of six free visits

Eating healthy would be a lot easier with your own private chef to cook nutritious meals. We can't hire a chef for you, but we can give you one-on-one time with nutrition experts to help you set goals for better eating habits.

As part of your benefits, Independence Blue Cross lets you schedule up to six visits per plan year for nutrition counseling\* at no additional cost to you when you visit an in-network doctor or registered dietitian. No referrals needed!

## Eat your way to a healthier you

Eating healthier doesn't have to mean eating less. It means learning how to add nutritious foods into your diet. It means understanding how what you eat affects your overall health and well-being. A healthy diet and weight can give you more energy and may even lower your blood pressure and cholesterol.

Many people develop chronic conditions, such as diabetes, heart disease, and high blood pressure, as a result of being overweight. Nutrition counseling can help you better manage

### Find a registered dietitian

1. Go to [ibx.com/findadoctor](http://ibx.com/findadoctor).
2. Search by specialty, and type "Nutrition" in the search field.
3. Call to schedule your nutrition counseling appointment. No referrals necessary!

your diet and your weight, so you can reduce your risk for developing these health conditions. So take a few minutes to connect with an in-network dietitian or network doctor today to help you to meet your nutrition goals.

### Questions?

**Call the Customer Service number on the back of your member ID card.**

Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association.

\*Not all employers offer nutrition counseling visits as part of their benefit plans. Please contact Customer Service or your benefits administrator to determine if this benefit applies to your coverage. If nutrition counseling services are provided in addition to other covered services, an office visit copay may apply. Deductible and coinsurance may apply to services obtained out of network.