

# Eat your way to better health with free nutrition counseling



## *Members can take advantage of 6 free visits*

Eating healthy would be a lot easier with your own private chef to cook nutritious meals. We can't hire you a chef, 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 a 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 happiness. A healthy diet and weight can give you more energy and may even lower your blood pressure and cholesterol.

### **Eat your way to a healthier future**

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 your diet and your weight, and may reduce your risk for developing these health conditions.

### **Find a registered dietitian**

1. Go to [ibx.com/findadoctor](http://ibx.com/findadoctor)
2. Find a registered dietitian or doctor by selecting "Diet & Nutrition Providers."
3. Call your dietitian to schedule your nutrition counseling appointment. No referrals necessary!



## Get rewarded for healthy living

Don't forget that we offer reimbursements for fitness center fees and weight management programs. Learn more at [ibxpress.com](http://ibxpress.com).

Questions? Call 1-800-ASK-BLUE (1-800-275-2583).

We're here for you every step of the way.

[www.ibx.com](http://www.ibx.com)

\*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. Independence Blue Cross is an independent licensee of the Blue Cross and Blue Shield Association.