

# Nutrition counseling benefit

**Taking control of your diet just got easier!**  
**With Independence Blue Cross, you can schedule up to SIX VISITS per calendar year with your physician or a registered dietitian to discuss healthy eating habits at NO ADDITIONAL COST to you.\***

## Take control of your diet

Eating better can lead to a healthier lifestyle. Many chronic conditions, such as diabetes, heart disease, and high blood pressure, are associated with weight and can lead to other health issues. By taking responsibility for your diet, you may reduce your risk for developing other conditions.

## Set realistic goals

With the help of your doctor or a registered dietitian, you can assess your diet and set personal goals for better eating habits and weight management.

## It's about more than food

Eating better is just one way to lead a healthier life. Our Healthy Lifestyles<sup>SM</sup> programs, which include reimbursements for fitness center fees and approved weight loss programs and discounts on vitamins and nutritional supplements, are designed to encourage healthy behavior through incentives and physical activity.

Detailed information about our Healthy Lifestyles programs is available at [www.ibxpress.com](http://www.ibxpress.com).

## Don't be a statistic

Currently in the United States, more than 60 percent of adults and 30 percent of children are considered overweight. Where do you stand?

**Call and make your nutrition counseling appointment today.**  
(See reverse side for frequently asked questions.)

\* Deductibles and coinsurance may apply to services obtained out-of-network.



## Lose weight and feel great

Losing 10 percent of your current weight can make a difference in the way you feel on a daily basis, including:

- increased energy level;
- lower cholesterol levels;
- reduced blood pressure;
- prevention of type 2 diabetes;
- decreased risk of sudden death from heart disease or stroke.

## Healthy snack alternatives

An apple a day keeps the doctor away, but these foods are low in fat and have less than 100 calories:

- one hard boiled egg;
- three cups of popcorn;
- one stick of string cheese;
- four ounces of fat-free pudding;
- three Hershey's Kisses<sup>®</sup>.



**Independence  
Blue Cross**

# Frequently asked questions

**We recognize the impact a well-balanced diet has on good health, and we are proud to offer nutrition counseling as a core benefit to our already comprehensive benefit plans. Below are answers to some frequently asked questions.**

## **Who is eligible for this benefit?**

Any family member or dependent who is currently under an HMO, Point-of-Service, Direct Point-of-Service, or PPO medical benefit plan can take advantage of the nutrition counseling benefit.

## **Do I have to be overweight to use this benefit?**

No. This benefit is for all of our members to help identify healthy foods to eat and establish good eating habits.

## **Will I have to pay for the nutrition counseling visits?**

No. Six visits are covered 100 percent if you go to a network provider. For plans with out-of-network benefits, deductible and coinsurance amounts may apply if you go to an out-of-network provider.

## **What if I want to have more than six nutrition counseling visits in a calendar year?**

If you want to continue your nutrition counseling visits beyond the initial six visits, you will be responsible for the total cost of those additional visits.

## **Whom can I see for the nutrition counseling visits?**

You may see your doctor, a specialist, or a registered dietitian for the nutrition counseling visits.

## **Will I need a referral to see a specialist or a registered dietitian?**

For plans that require a referral for specialists, a referral will be required. The benefit is maximized when the care is received in-network.

## **Where can I find in-network registered dietitians?**

You can find registered dietitians at **[www.ibxpress.com](http://www.ibxpress.com)**. To find one close to you:

- Log onto **[www.ibxpress.com](http://www.ibxpress.com)**.
- Click on the "Find a Provider" tab.
- Select *Find a Doctor or Hospital*.
- Click on the "All types" tab on the left-hand side of your screen.
- Select "Diet & Nutrition Providers" from the drop down menu.
- Enter your address and state or ZIP code information and plan preference in the spaces provided.
- Click *Get your results*.

More questions? call **1-800-ASK-BLUE**.



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