Nutrition counseling without leaving home



It's easier than ever to take advantage of your nutrition counseling visits by seeing a registered dietitian through secure video via your smartphone or other device.

As an Independence Blue Cross member, you're covered for up to six nutrition counseling visits a year at no cost when you use an in-network registered dietitian.*

You can work with an in-network dietitian and get the same benefits of in-person counseling through secure video on your digital device.

Nutrition counseling can help you:

- Look and feel better
- Learn how to eat right
- Have more energy
- Lower cholesterol levels
- Reduce blood pressure
- Decrease risk of heart disease and stroke

Get started today!

1. Log in at **ibx.com** and use the Find a Doctor tool to find a registered dietitian.
2. Schedule an appointment with a participating registered dietitian, your primary care provider, or another network provider.

*Check your benefits to see if you have coverage for nutrition counseling visits.

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

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