



TALK TO A NUTRITIONIST FROM YOUR OWN KITCHEN



Start living a healthier lifestyle with support by your side

Visit with a registered dietitian online using Amwell.

Trying to eat healthier but not sure where to start? You don't have to do it alone. Using Amwell, you can meet with a registered dietitian about a personalized nutrition plan from home. Get meal plans, recipes, and support for the whole family, including children.

Appointments are available any day of the week — evenings and weekends too!

Whether you're looking to manage your weight or learn about the small changes you can make to eat healthier, nutritionists are here for you. Sign up or log in (enter service key VERMONT) and select the nutrition practice to get started. You can view the available nutritionists and schedule an appointment.

Have a visit with a nutritionist for help with:

- Diabetes
- Digestive disorders
- Eating disorders
- Food allergies
- General wellness
- Kidney disease
- Oncology
- Prenatal & postpartum nutrition
- Sports nutrition
- Weight management
- And more

Download the Amwell app for free in the Google Play or App Store or visit www.bluecrossvt.amwell.com and enter service key VERMONT to get started.