

# Seeing a registered dietitian for nutritional counseling can change your life

A nutritionist or dietitian is an expert on food and nutrition. Their counseling and education can help you manage many common health concerns – and live your fullest life!

A nutritionist or dietitian can help you address:

- Diabetes
- Weight management
- Food allergies
- General wellness
- Prenatal and postpartum nutrition
- Eating disorders
- Sports nutrition
- Digestive disorders
- Kidney disease

With Blue Cross and Blue Shield of Vermont, you have a choice of how and where you can schedule your visit!

## IN OFFICE

To set up an appointment to see a registered dietitian or nutritionist in your area, use the Find-a-Doctor tool on our website. Select “Registered Dietitian” or “Nutritionist” for a listing.

You must use a network provider.

## ONLINE

Get personalized nutrition counseling and support whether you’re at home, work or on the go using Amwell®. Connect with a health coach or nutritionist through two-way video using your smartphone, tablet or computer with a webcam.

Visit with a nutrition counselor any day of the week (nights and weekends too)! Download the iOS or Android mobile app OR visit [bcbsvt.amwell.com](https://bcbsvt.amwell.com) and enter service key BCBSVT to sign up.



## LIMITATIONS AND RESTRICTIONS

Your plan covers three nutritional visits per plan year.\*

General cost-sharing, and plan provisions, apply. Please see your plan documents for benefit details and any additional limitations.

*\*If you have diabetes, you do not have a visit limit and prior approval is not required. If you have an inherited metabolic disease, or a diagnosed eating disorder, you may be eligible for additional visits with prior approval.*

 **BlueCross BlueShield**  
of Vermont

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[bcbsvt.com](https://bcbsvt.com)