

NUTRITION.

Nutrition counseling that makes a difference



Because a healthy lifestyle is dependent on good nutrition, providing members the help they need to make healthy food choices is a critical component to quality healthcare. With our Virtual Nutrition service, members can work directly with registered dietitians who are focused on their specific clinical and nutritional needs. Personalized programs are developed that include nutritional guidance, custom meal plans, shopping guides, and more.

With registered dietitians in every state, members can select the nutritional expert with the medical specialty and language that matches their specific needs. Depending on health plan design, the registered dietitians may accept insurance, making getting help both convenient and cost-effective.



SPECIALIZED CARE

Our network of registered dietitians supports a wide range of specialty conditions such as diabetes, gastro-intestinal disorders, sports nutrition, and prenatal care.



PERSONALIZATION

Members receive a personalized nutrition guide with custom meal plan, shopping guide, and more.



VIRTUAL CARE INTEGRATION

Nutrition integrates with other clinical services for easy access to comprehensive care.



SECUTIVE

HOW VIRTUAL NUTRITION WORKS.

A healthy lifestyle is dependent on good nutrition. With Virtual Nutrition, members can work directly with registered dietitians who can help them make healthy food choices focused on their specific clinical and nutritional needs.



1

INITIATE



2

QUESTIONNAIRE



3

VISIT & SET GOALS



4

ONGOING TREATMENT

Member initiates services through web or app by requesting an appointment time with a registered dietitian.

Providers typically respond to appointment requests within 8 hours. Appointments available seven days a week, 7am to 9pm local time.

The registered dietitian talks with the member by phone or video. Afterwards the member receives a personalized nutrition plan, nutritional care manual, meal plan and shopping guide.

The member can view their nutrition plan any time and speak to the same registered dietitian for follow-up care or select a registered dietitian with a different specialty.

"My primary care doctor was so happy that I finally got to see a registered dietitian for lifestyle modification to help manage my cholesterol. My doctor advised me that he would increase my statins unless I improved my diet. I kept holding off on seeing a registered dietitian until Nutrition made it so easy for me to speak to a registered dietitian over the phone. It was such a game-changer for me!"

Virtual Nutrition Member



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