

Understanding Your Nutritional Counseling Benefits

Did you know that your health plan covers nutritional counseling? If you or your family are interested in meeting with a registered dietician or nutritionist, please review the guidelines below.

What is Nutritional Counseling?

Nutritional counseling offers personalized assistance in adopting healthy eating habits, especially when it comes to managing certain health conditions like obesity or diabetes. You'll meet with a healthcare professional with training in nutrition who can help you make dietary changes and reach your health goals. Nutritional counseling can assist with meal planning, portion control and addressing eating patterns.

Who Can Benefit from Nutritional Counseling?

The goal of nutritional counseling is to help you make gradual dietary changes that you can sustain over time. **You may benefit from nutritional counseling if you:**

- Have a chronic disease like diabetes, high blood pressure, heart disease, high cholesterol or kidney disease
- Are at risk of developing a condition such as osteoporosis or diabetes
- Are looking to manage your weight
- Have a digestive or eating disorder
- Want to improve your physical fitness or overall health
- Are pregnant or planning to have a child
- Have one or more food allergies.

How to Find a Provider?

Visit your member service portal or log into the MyCreateHealth app and select "Find a Provider" from the drop-down menu to search for a registered dietician or nutritionist near you.

Your Nutritional Counseling Benefits

Under your health plan, you have access to:

- **30 visits per benefit year** for services not related to obesity
Includes both in-network and out-of-network providers
Visits limit does not apply to mental illness diagnosis
- **4 visits per benefit year for services related to the evaluation and treatment of morbid obesity.**
Includes both in-network and out-of-network providers
- **Unlimited visits per benefit year for services related to diabetes**