

💡 DID YOU KNOW?! 🥗 NUTRITION COUNSELING 🥗

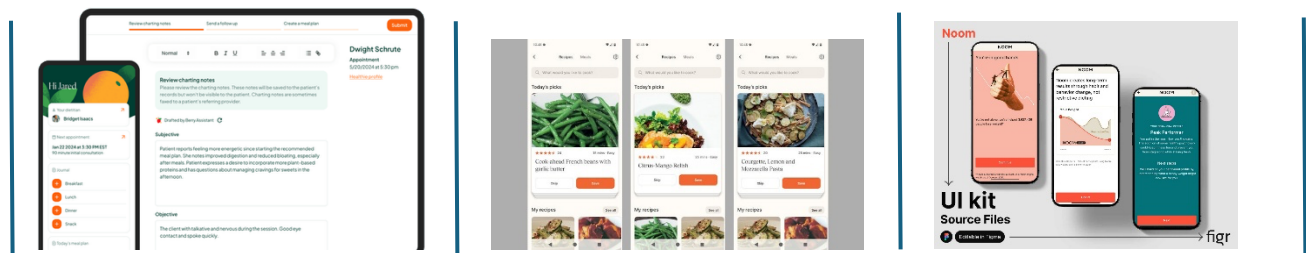
Could be covered by insurance: Specifically BCBS & other commercial ins



You may qualify if you have:

<ul style="list-style-type: none"> ✓ Diabetes or prediabetes ✓ High blood pressure ✓ High cholesterol 	<ul style="list-style-type: none"> ✓ Digestive concerns ✓ Weight management goals ✓ PCOS or metabolic concerns
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🌿 Popular Insurance-Covered Options



<p> Berry Street</p> <ul style="list-style-type: none"> • Virtual 1-on-1 dietitian visits • Insurance verification before booking • Personalized nutrition support 	<p> Nourish</p> <ul style="list-style-type: none"> • Matched with a licensed RD • Ongoing virtual visits • Many major insurance plans accepted 	<p> Noom</p> <ul style="list-style-type: none"> • Behavior-based weight support • App-based coaching • Coverage varies by plan <ul style="list-style-type: none"> • Less likely to be covered
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Additional Resource: Search Intermountain healthcare mediterranean eating style

Not Covered: MyFitnessPal – calorie/macro-nutrient tracker