

# Nutrition counseling without leaving home



**It's easier than ever to take advantage of your nutrition counseling visits by seeing a registered dietitian through secure video via your smartphone or other device.**

As an Independence Blue Cross (Independence) member, you're covered for up to six nutrition counseling visits a year at no cost when you use a network registered dietitian.

But what if you live in an area where there are no network dietitians?

You can work with an in-network dietitian and get the same benefits of in-person counseling through a HIPAA-secure video on your digital device.

## **Nutrition counseling can help you:**

- Look and feel better
- Learn how to eat right
- Have more energy
- Lower cholesterol levels
- Reduce blood pressure
- Decrease risk of heart disease and stroke

## **Get started today!**

- 1.** Choose a participating network dietitian from the list on the back.
- 2.** Contact the dietitian to schedule an appointment.

**Independence** 



## Providers who offer nutrition counseling through HIPAA-secure video

### **Bodymetrix Health and Wellness**

610-454-7332  
[bodymetrixpa.com](http://bodymetrixpa.com)

### **D’Orazio Nutrition Consulting**

484-680-4902

### **Eat Fit Health, LLC**

610-476-8877  
[eatfithealth.com](http://eatfithealth.com)

### **Eating for Life Nutrition Counseling Services, LLC**

215-704-0767  
[eatingforlifenutrition.com](http://eatingforlifenutrition.com)

### **Family Food, LLC**

1-800-203-8657  
[familyfoodllc.com](http://familyfoodllc.com)

### **Inspire Nutrition, Inc.**

215-704-4230  
[inspirenutrition.com](http://inspirenutrition.com)

### **Kristin Raebiger, RD**

609-790-2826  
[balancenutritionalhealth.com](http://balancenutritionalhealth.com)

### **Lynne K. Bucovetsky, RD**

215-955-7641  
[abetterdiet@gmail.com](mailto:abetterdiet@gmail.com)

### **Nutrition for Living**

610-347-2045 (Kennett Square)  
610-524-7763 (Exton)  
[nutritionforliving.org](http://nutritionforliving.org)

### **Nutrition Unlimited**

267-239-5637  
[nutritionunlimitedrd.com](http://nutritionunlimitedrd.com)

### **Rosemary Couzens, RD**

215-932-9262  
[zenutrition@yahoo.com](mailto:zenutrition@yahoo.com)

### **Victoria Goodman, RD**

215-920-4656  
[goodmannutrition.com](http://goodmannutrition.com)

This list is current as of November 30, 2018, but is subject to change.

Check your benefits to see if you have coverage for nutrition counseling visits.

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