



Did you know you have access to nutritional counseling?

To help you live your fullest life, your health plan offers you nutritional counseling with an in-network Registered Dietician or Nutritionist. Their expertise in food and nutrition can provide you with the information you need to help you better manage common health concerns and chronic conditions, such as:

- Diabetes and prediabetes
- Weight management
- Food allergies
- Sports nutrition
- Digestive disorders
- And more!

Be sure to check your plan details to understand out-of-pocket costs and other provisions. You can use our [Find a Doctor tool](#) to locate a provider near you, or you can use our [Amwell® telemedicine](#) services to schedule a virtual visit.

[Learn more nutritional counseling benefits](#)



Q&A: Whole Health Nutrition

To celebrate National Nutrition Month, we spoke with Registered Dietitian Gina Rancourt about dietary supplements, grocery shopping, and what to expect from nutrition counseling.

[Check It Out](#)



Be Well Vermont Nutrition Guide

The Be Well Vermont wellness platform offers a nutrition guide, allowing you choose the aspects of nutrition you want to work on. Get tips and recipes to help you achieve your goals.

[Get Started](#)