



# Blue Cross **DIETITIAN SERVICES**



As part of our team of clinical professionals, Blue Cross has registered dietitians who can work with you in achieving your health and wellness goals.

Blue Cross dietitians offer health coaching on:

- Diet/nutrition advice to manage conditions like diabetes, hypertension or kidney disease
- Proper exercise
- Meal planning
- How many and what type of fluids to drink
- How to eat out successfully
- Reading and understanding food labels
- Portion control
- Body Mass Index (BMI) and weight loss

If you are a Blue Cross member, you do not need to pay anything extra for this service.

Dietitians do health coaching by phone and can send you educational materials by mail or email.



Louisiana

PROTECT EVERY DAY



## **DIETITIAN HEALTH COACHING MAY HELP IF YOU:**

- Have a blood sugar (A1C) level above 8%
- Have a BMI above 35
- Are in Chronic Kidney Disease Stage 3 or 4
- Have high blood pressure (systolic BP above 150 and diastolic BP above 90) and have a BMI of 35 or higher

If you have questions about your numbers, talk to your doctor. Your doctor can also refer you to speak with one of our dietitians.

## **HOW DO I REACH THE DIETITIANS?**

Call 1-800-317-2299, Monday through Friday between 8 a.m. and 5 p.m. (closed on office holidays).

To learn more about our dietitians and other clinical staff, visit [www.bcbsla.com/ProtectEveryDay](http://www.bcbsla.com/ProtectEveryDay).