

Get Help Improving Your Diet



Low energy. Digestion problems. Headaches. Feeling blah.

You might be able to improve these issues through changes in what you eat.

That's because your food choices are about more than vitamins and nutrients. They go beyond a number on a scale or a pants size. These choices can directly affect how you feel every day and whether you have the energy to do all the things you love.

But it can be hard to know what healthy eating really is, right? Let us help. Nutrition counseling may be included in your benefits, and it could allow you to meet one-on-one with a nutrition counselor who can:



Discuss your
current energy
level and health
goals



Talk through what
you eat and your
cooking habits



Help you
understand how
your food choices
affect your health



Teach you about simple
changes that can have a
big impact on how you
feel every day

You may be eligible for nutrition counseling if you have been diagnosed with one or more of the following¹:

- Behavioral health
- Cardiovascular disease
- Coronary artery disease
- Diabetes
- Eating disorders
- Food allergies
- Gastrointestinal disorders
- Heart failure
- High cholesterol
- Hypertension
- Obesity
- Prediabetes
- Renal failure/renal disease

Find a Dietitian

- Log on to your member portal at azblue.com/member
- Click on **FIND A DOCTOR** on the left navigation
- Search for **REGISTERED DIETITIAN**
- Select a provider in your plan's network and call for an appointment

Questions? Call the number on your ID card.