

Nutrition Counseling

Eligibility

Any employee or dependent can participate as long as they are members of the BCBS Medical Benefits Program.

Overview

Nutrition counseling offers one-on-one time with a dietitian to discuss nutritional issues, habits, and goals to improve health. The dietitian will assess nutrition status, provide education, and facilitate goal setting for a variety of problems and conditions. Nutrition counseling may address diabetes, obesity, cardiovascular disease, high cholesterol, sports nutrition, unhealthy eating habits, disordered eating, gastrointestinal issues, and more.

Please call the main onsite clinic, (931) 906-2001, to schedule an appointment.