

# GET A HEALTHIER PLATE

with nutritional counseling provided by Teladoc Health®

## Eat confidently

Teladoc Health connects you with a licensed dietitian who can provide nutritional guidance from wherever you're most comfortable. **We cover nutritional counseling for all members at no out-of-pocket cost.** Appointments are available seven days a week, from 7 a.m. to 9 p.m. local time. Get resources such as:



**Personalized  
diet plans**



**Actionable  
meal plans**



**Shopping  
guides**



**Customized  
nutritional manuals**

Nutritional counseling isn't just available to those just looking to eat better. Members can also receive support for long-term conditions such as:



**Diabetes**



**High blood  
pressure**



**Prenatal  
nutrition**



**And more**

## Who can get care?

You're eligible to register if you're a current Blue Cross and Blue Shield Service Benefit Plan member. Nutritional counseling is available in all 50 states and Washington, D.C. These are limited to individual sessions—we do not provide Teladoc Health benefits for group counseling.

### How to schedule a visit

- 1 Register or sign in to your Teladoc Health account at [fepblue.org/telehealth](https://fepblue.org/telehealth) or with the **Teladoc Health app**, available for free on the App Store® or Google Play™
- 2 Request a visit
- 3 Answer a few questions
- 4 Select a doctor
- 5 Request a time for your appointment



Need help or have questions? Call Teladoc Health at **1-855-636-1579**.

*Teladoc Health is an independent company that provides telehealth services on behalf of the Blue Cross and Blue Shield Service Benefit Plan.*

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*This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. Before making a final decision, please read the Plan's Federal Employees Health Benefits Program brochures (FEP Blue Standard™ and FEP Blue Basic™; RI 71-005; FEP Blue Focus®; RI 71-017) and the Postal Service Health Benefits Program brochures (FEP Blue Standard and FEP Blue Basic: RI 71-020; FEP Blue Focus: RI 71-025). All benefits are subject to the definitions, limitations and exclusions set forth in the brochures.*

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