

# Dietitian Coaching

YOU ARE **STRONGER THAN**  **YESTERDAY**



**YOU ARE A POWERFUL FORCE FOR  
HEALTH AND WELLNESS.**

Blue Cross and Blue Shield of Louisiana dietitians can support you on your journey to optimal health. Our dietitians will work with you in between office visits with your doctor/healthcare provider, helping you to reach your weight, nutrition and fitness goals.



**Louisiana**

Blue Cross and Blue Shield of Louisiana is incorporated as Louisiana Health Service & Indemnity Company and is an independent licensee of the Blue Cross and Blue Shield Association.

YOU ARE **STRONGER THAN**



ANY DIAGNOSIS

## **THERE IS NO COST for you to work with a Blue Cross dietitian and get health coaching on:**

- Diet/nutrition guidance to help you stay on top of long-term health concerns like diabetes, hypertension or kidney disease
- Exercise you can work into your routine
- Meal planning
- How many and what type of fluids to drink
- Choosing the right foods when dining out
- Reading and understanding food labels
- Portion control
- Body Mass Index (BMI) and weight loss

You can work with a dietitian on the phone. Dietitians can send you educational materials by mail or email.

### **IF YOU:**

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

Our dietitians can help. Talk to your doctor/healthcare provider if you have questions about any health issues.

## **LET'S TAKE THIS JOURNEY TOGETHER!**

**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](http://www.bcbsla.com)**.