

Nutrition counseling without leaving home



It's easier than ever to take advantage of your nutrition counseling visits by seeing a registered dietitian via Skype™.

As an Independence Blue Cross (Independence) member, you're covered for up to six nutrition counseling visits a year at no cost when you use a network registered dietitian.

But what if you live in an area where there are no network dietitians?

You can work with an in-network dietitian via Skype and get the same benefits of in-person counseling.

Nutrition counseling can help you:

- Look and feel better
- Learn how to eat right
- Have more energy
- Lower cholesterol levels
- Reduce blood pressure
- Decrease risk of heart disease and stroke

Get started today!

1. Choose a participating network dietitian from the list on the back.
2. Contact the dietitian to schedule an appointment.
3. Meet with your dietitian via Skype.

Your good health is what we're focused on, so we've made it easy for you to use your nutrition counseling benefit. The only tools you need are an Internet-enabled device (computer, tablet, etc.) with a webcam and the Skype program installed. If you need to download Skype, please visit skype.com or your app store.

Providers who offer nutrition counseling through Skype

Bodymetrix Health and Wellness

610-454-7332
Adrienne Y. Delgado, RD
Erika J. Ringwald, RD
bodymetrixpa.com

CR Nutrition and Wellness, LLC

484-467-4538
Carmelann Rickenbach, RD
crnutritionandwellness.com

D’Orazio Nutrition Consulting

484-680-4902
Cathy D’Orazio, MS, RD, CSSD, LDN

Eat Fit Health, LLC

610-476-8877
Lori Enriquez, RD
eatfithealth.com

Eating for Life Nutrition Counseling Services, LLC

215-704-0767
Christine Hazewski, RD
eatingforlifenutrition.com

Family Food, LLC

1-800-203-8657
Anthony Tassoni, RD
Erin Giles, RD
Jayme Lenosky, RD, LDN
Krista Yoder Latorture, RD, LDN
Margaret McFadden, RD, LDN
familyfoodllc.com

Inspire Nutrition, Inc.

215-704-4230
Kristen Zetterberg, RD
inspirenutrition.com

Kristin Raebiger, RD

609-790-2826
balancenutritionalhealth.com

Lynne K. Bucovetsky, RD

215-955-7641
abetterdiet@gmail.com

Nutrition for Living

610-347-2045 (Kennett Square)
610-524-7763 (Exton)
Sharon Howard, RD, CDE
nutritionforliving.org

Nutrition Unlimited

267-239-5637
Ashley Lee, RD
Janelle Eligon-Ketchum, RD, LDN, CDE
Kimberly Posipanko, RD, LDN
Laura Yatvin, RD
Lindsey Verano, RD, LDN, CDE
Matthew Naliborski, RD, LDN
Padmin Balagopal, RD, CDE
nutritionunlimitedrd.com

Rosemary Couzens, RD

215-932-9262
zenutrition@yahoo.com

Transcend Health

267-540-3204
Susan Rago, MS, RD, LDN
transcendhealth.com

Victoria Goodman, RD

215-920-4656
goodmannutrition.com

This list is current as of February 1, 2018, but is subject to change.

Check your benefits to see if you have coverage for nutrition counseling visits.

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If you choose to use Skype for appointments with a registered dietitian, you acknowledge that Independence has no control over the confidentiality of the information that you share over Skype. Additionally, the privacy and security policies of Skype may differ from the policies that govern the privacy and security on Independence’s website. You understand that use of Skype is at your sole risk. You expressly understand and agree that Independence will not be liable for any direct, indirect, special, consequential, or exemplary damages for any reason resulting from the use of Skype.

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