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.
The Skype name, associated trademarks and logos and the “S” logo are trademarks or related entities.
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.

©2018 Independence Blue Cross. All rights reserved. 1901 Market Street | Philadelphia, PA 19103