BlueCross BlueShield Arizona

An Independent Licensee of the Blue Cross Blue Shield Association

Get Help Improving Your Diet



Low energy. Digestion problems. Headaches. Feeling blah.

You might be able to improve these issues through changes in what you eat.

That's because your food choices are about more than vitamins and nutrients. They go beyond a number on a scale or a pants size. These choices can directly affect how you feel every day and whether you have the energy to do all the things you love.

But it can be hard to know what healthy eating really is, right? Let us help. Nutrition counseling may be included in your benefits, and it could allow you to meet one-on-one with a nutrition counselor who can:

- Discuss your current energy level and health goals
- Talk through what you eat and your cooking habits
- Help you understand how your food choices affect your health
- Teach you about simple changes that can have a big impact on how you feel every day

You may be eligible for nutrition counseling if you have been diagnosed with one or more of the following[1]:

- Behavioral health
- Cardiovascular disease
- Coronary artery disease
- Diabetes
- Eating disorders
- Food allergies
- Gastrointestinal disorders
- Heart failure
- High cholesterol
- Hypertension
- Obesity
- Prediabetes
- Renal failure/renal disease

Find a Dietitian

- Log on to your member portal at azblue.com/member
- Click on FIND A DOCTOR on the left navigation
- Search for REGISTERED DIETITIAN
- Select a provider in your plan's network and call for an appointment

Questions? Call the number on your ID card.

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You may need a referral from your doctor to verify diagnosed conditions. Be sure to choose a provider in your plan's network to avoid unexpected costs. © 2023 Blue Cross Blue Shield of Arizona.
[1]Limitations and exclusions may apply. Some health plans cover spouse and dependents for nutrition counseling for these diagnoses; check with your plan administrator for more information.