



## **Nutrition Counseling Available via Telehealth!**

Now more than ever, we all need help overcoming stress, building resiliency, and improving well-being.

### **Connect with a Registered Dietitian via Telehealth**

In response to COVID-19 and the growing challenges employers and their employees will face during this time of uncertainty, we have mobilized our entire network of Registered Dietitians to provide services via Telehealth.

- No cost or co-pays, covered preventative benefit
- Covered for Independence Blue Cross, Aetna and Cigna health plans
- Confidential and HIPAA Protected
- Available for spouses and dependents

## Connecting Virtually with a Registered Dietitian is as Easy as 1, 2, 3!



### Step 1

Sign up by contacting us at (215) 799-9099 or [myRD@wcusa.com](mailto:myRD@wcusa.com) to schedule your appointment.



### Step 2

Follow the instructions in your welcome email to access your Registered Dietitian (RD) via Zoom video conferencing.



### Step 3

Meet with your RD virtually from any internet-enabled device with a webcam (i.e. computer, tablet, or smartphone).