

# YOUR AETNA NUTRITIONAL COUNSELING BENEFIT



Good nutrition is an essential part of a healthy lifestyle. Ditch the diet gimmicks and fads. Visit a nutrition expert and learn how to eat healthy for life. As a member of Cumberland's health benefits plan, you receive benefits for nutrition counseling.

## EAT BETTER AND FEEL BETTER!

With better nutrition, your body has more energy and strength to heal and fight off disease. You may even notice weight loss as a result of your healthier food choices. Besides boosting self-esteem, shedding a few pounds can also offer you the following benefits:

- Increased energy levels
- Lower cholesterol levels
- Reduced blood pressure
- Decreased risk of heart disease and stroke

**Healthy habits help!** By making smart food choices, exercising regularly, and managing your weight, you can protect your health and feel better!

## FIND PARTICIPATING AETNA PROVIDERS

- Visit Aetna's website at: [www.aetna.com](http://www.aetna.com)
- At the middle of the webpage on the right, click "**Find a Doctor**"
- On the right side of page under Guest, select "**Plan from an employer**" (1st choice on the list)
- Under "**Continue as Guest**" enter your zip code, city, state, or county
- You will be asked to "**Select a Plan**", for the HNO \$5/\$15 Plan - Type in Health Network Only (Open Access)
- Type "**Dietician**" in the box for what do you want to search for near your zip code

## MAKE AN APPOINTMENT TODAY!

Schedule an appointment with a participating registered dietician or nutritionist.

- If you are enrolled in the HNO \$5/\$15 plan the in-network benefit for obesity preventive counseling is covered the same as adult routine physical exam. Obesity preventive counseling:
  - \* Ages 0-22: Unlimited visits
  - \* Ages 22 and over: 26 visits per 12 months, of which up to 10 visits may be used for healthy diet counseling
- If the member is having nutritional counseling for a chronic condition the in-network specialist charge is 100% no deductible after a \$15 copay

