



## OPTIMIZE YOUR WELL-BEING THROUGH NUTRITION

### DIETITIAN BENEFIT FOR FRANKLIN COUNTY COOPERATIVE

Your medical benefits through UnitedHealthcare provide both resources and coverage for managing your nutrition and diet. If you are enrolled in the health plan you can receive **unlimited visits** with an in-network dietitian covered at 100%.

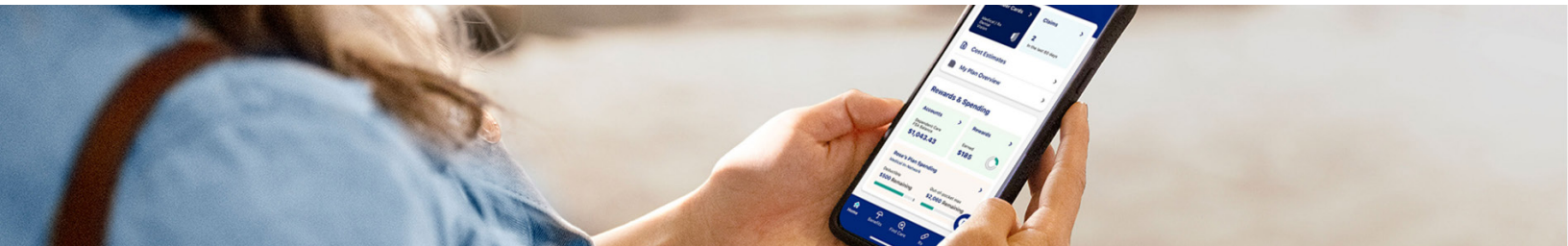
### WHAT IS NUTRITIONAL COUNSELING?

Nutritional counseling, provided by a registered dietitian (RD), offers personalized guidance to improve your overall health through diet and lifestyle changes. In Ohio, RDs are licensed to help with meal planning, goal setting, and addressing behaviors around nutrition, exercise, sleep, and stress management. Whether you're managing chronic conditions, seeking to gain or lose weight, pregnant or breastfeeding, dealing with digestive issues, or aiming to enhance sports performance, a dietitian can create a tailored plan to support your unique needs.

### HOW DO I FIND AN IN-NETWORK DIETITIAN?

1. Go to [myUHC.com](https://myUHC.com)
2. Login (or register if a first-time user)
3. Click on **'Find a Provider'**
4. In the search bar type the term **'Nutritionist'**
5. Before scheduling an appointment with a provider, verify that they are in-network for UHC. The provider's office will guide you through the process of scheduling your visit.

If you need assistance, your Health Engagement Nurses can help connect you with a dietitian. Call the Health Engagement Nurse Support Line at **614.525.6773**.



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