



## NEW! Telenutrition

Meet Virtually With a Registered Dietitian at No Cost to You!

**You want to eat healthier** but figuring out what's right for your dietary needs can be hard. As the ways we connect continue to evolve, it's important to have the tools and information we need to better manage our health.

That's why Independent Health has partnered with Zipongo® to bring our members the convenience of **virtual, one-on-one video chat or phone visits with a registered dietitian.**



**Schedule** your appointment in the Zipongo Patient Portal.



**Check In** before your visit to provide some online details.



**Visit** with your dietitian, get your nutrition assessment and build your nutrition plan.



**Ongoing** healthy eating tools help you stick to your plan and schedule any follow-ups.

You get proper nutritional guidance, continued engagement through follow-up visits and easy access to the support you need – anytime, anywhere – right at your fingertips.

## Live Nutrition Counseling – Right From Home!

- **Trusted** expertise from registered dietitians and nutritionists.
- **Dedicated** year-round support to make sustainable lifestyle changes.
- **Personalized** to your goals and dietary preferences.
- **Healthy** support for meal planning, weight loss, diet-related disease prevention and more.

### Here's How to Get Started

To access Zipongo, log in to your Independent Health account or easily create one at [independenthealth.com/register](https://independenthealth.com/register).

Click the Zipongo tile, then “Telenutrition” to get started. Schedule an appointment and check out all the other healthy-eating tools available.

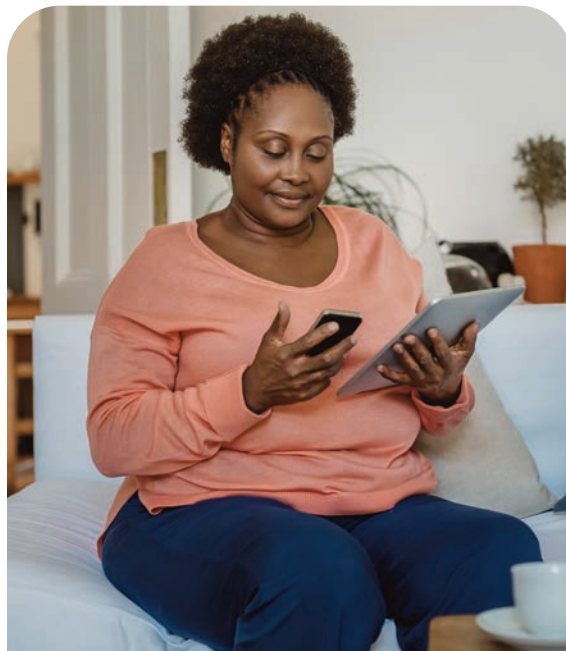
### Download the Zipongo app:



### Questions?

Contact Member Services at (716) 631-8701 or 1-800-501-3439 (TTY: 711), Monday – Friday, 8 a.m. – 8 p.m.

It's all part of the RedShirt® Treatment.



To connect with a registered dietitian, schedule your appointment today!

