



# Nutrition Overview

## Nutrition counseling that makes a difference.

Because a healthy lifestyle is dependent on good nutrition, providing members the help they need to make healthy food choices is a critical component to quality healthcare. With our Virtual Nutrition service, members can work directly with registered dietitians who are focused on their specific clinical and nutritional needs. Personalized programs are developed that include nutritional guidance, custom meal plans, shopping guides, and more.

With registered dietitians in every state, members can select the nutritional expert with the medical specialty and language that matches their specific needs. Depending on health plan design, the registered dietitians may accept insurance, making getting help both convenient and cost-effective.



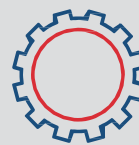
### Specialized Care

Our network of registered dietitians supports a wide range of specialty conditions such as diabetes, gastro-intestinal disorders, sports nutrition, and prenatal care.



### Personalization

Members receive a personalized nutrition guide with custom meal plan, shopping guide, and more.



### Virtual Care Integration

Nutrition integrates with other Teladoc Health clinical services for easy access to comprehensive care.

**40%**

of Americans suffer from chronic diseases, most of which directly correlate to poor nutrition.

**80%**

of Americans are confused about what “healthy” means.

**\$190B**

is spent annually for obesity-related illnesses, nearly 21% of U.S. annual medical spending.





# How Virtual Nutrition Works

A healthy lifestyle is dependent on good nutrition. With Virtual Nutrition, members can work directly with registered dietitians who can help them make healthy food choices focused on their specific clinical and nutritional needs.

