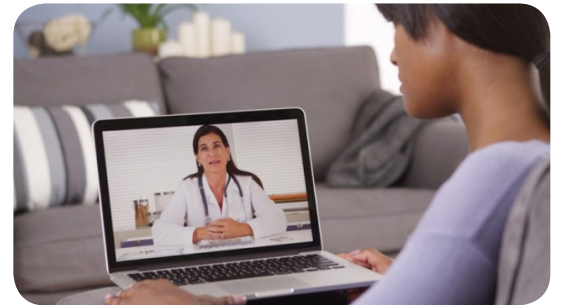


# INTRODUCING VIRTUAL NUTRITION COUNSELING

Under the Affordable Care Act, nutrition counseling, behavioral intervention, and obesity screening by a **registered dietitian** are **100% covered**, with **unlimited visits**. Previously, these services were offered in-person in-house until this pandemic occurred. Now due to COVID-19, coverage accommodations have been made so that employees can receive this same nutrition counseling via telehealth and Lifestyle Medical Center is set up to provide this service through that platform. **Now ALL employees and dependents on the State Health Plan have access to virtual nutrition counseling.**

## Areas of Focus Include:

- Weight loss or management
- Chronic disease management
- Physical activity
- Sleep or stress management
- Healthy meal planning during a lockdown



To set up a nutrition and lifestyle consultation, call 919.354.7077 or visit:

**Set up a Consultation**

After you make an appointment, set up your device for your telehealth visit:

## DESKTOP

- Use **Google Chrome** browser and go to [lifestylemed.vsee.me/u/clinic](https://lifestylemed.vsee.me/u/clinic)
- **Register as a first-time user**
- **Download VSee** application to enter our virtual waiting room when its time to meet with a clinician or dietitian

## PHONE/TABLET

- Download the **VSee Clinic App**
- To enter our waiting room
- type the **Room Code: LIFESTYLEMED**
- Here you can **register as a first-time user** and be ready when its time to meet with a clinician or dietitian



**CALL TODAY: 919.354.7077**