

Registered dietitian counseling now available under Health Education

Anthem Blue Cross (Anthem) has contracted with Independent Living Systems* (ILS) to launch a Nutrition Counseling Program conducted by registered dietitians (RDs) who will provide nutritional support counseling to help individuals achieve their nutrition goals.

ILS was founded in 2001 and is one of the nation's largest nutritional providers of nutritional support services, with a mission to transform overall health and improve quality of life.

What is the purpose of the program?

Health Education is a covered benefit that includes health education classes, one-to-one health coaching and educational materials in multiple languages. Anthem will now provide access to nutritional counseling from registered dietitians through ILS.

Registered dietitians will provide the following services to each member referred for nutrition counseling:

- One-to-one telehealth nutritional education and counseling on basic principles of a healthy diet and complex nutrition services for diseases such as diabetes, pre-diabetes, pregnancy, hypertension, kidney disease, etc.
- In-depth sessions for initial and follow-up nutrition assessments:
 - To assess opportunities for diet and health improvement
 - To better understand the member's situation and health condition needs
 - To set nutritional goals, and develop and implement individualized nutrition plans
- Provide nutritional handouts and materials to members to reinforce knowledge and understanding
- Dietitian who monitors, supports and ensures members are on the path to making the right nutritional decisions for their overall health long term

How will it work?

To refer members, please use the [*Anthem Health Education and Cultural and Linguistic Services Referral Form*](#).

- Mark **Nutrition** on the list of requested services.
- Indicate in the comments box specifically what type of nutrition services are being requested (for example, general counseling, chronic disease nutrition counseling and weight management).

What if I need assistance?

If you have questions about this communication or need assistance with any other item, contact your local Provider Relations representative or call one of our Medi-Cal Customer Care Centers at **1-800-407-4627** (outside L.A. County) or **1-888-285-7801** (inside L.A. County).

* Independent Living Systems is an independent company providing nutritional support services on behalf of Anthem Blue Cross.

<https://mediproviders.anthem.com/ca>