

The Dish on Nutrition:

What's Available to You?

Good nutrition is an important part of leading a healthy lifestyle and can help reduce your risk of chronic conditions, AND improve your overall health.



Did you know?

Your benefit plan allows you to meet with an in-network dietitian at **NO COST** to you!

As a benefit of your health plan, you can meet with a dietitian (unlimited visits) for one-to-one consultations to discuss your current meal plan and start you on your way to better health!

If you are interested in meeting with a dietitian and need help looking for an in-network provider, please contact

Anthem Member Services at 1-844-273-4614 or
WellStarME at (207) 620-9202 or wellstar@mcd.org.



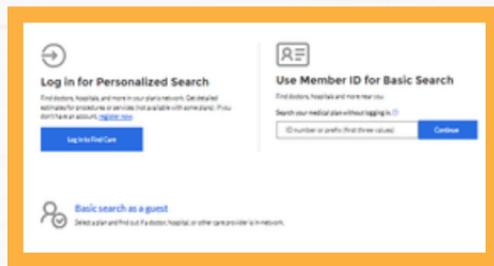


How to find an In-Network Dietitian



Step 1: Contact Anthem Member Services at 1-844-273-4614 or visit <https://www.anthem.com/find-care/>.

Step 2: Log in to or create your Anthem account **OR** choose the Guest option.



Step 3: Answer a few questions and then select a plan/network to search. Click Continue.

Step 4: Search by zip code. Type “Dietitian” in the search bar.

Step 5: Click View Details on your preferred choice.

For more information, please contact **WellStarME** at:

(207) 620-9202 or
wellstar@mcd.org