

Insurance Funded Nutrition Coaching!

Get personalized support
from a Registered Dietitian



Feeling well and staying healthy throughout
life is priceless. We can help!

Pro Lifestyle Nutrition (PLN) is a team of Registered Dietitian Coaches. Our mission is to help you build a lifestyle and establish the tools that will support LONG-TERM success with your goals.

What you receive from PLN nutrition coaching:



Individualized guidance & support provided by a Registered Dietitian. Leave each session with a plan of action that you feel confident in.



On-going accountability & reinforcement to help you build consistency.



Unlimited message access to your Registered Dietitian with our private communication tool.



Wearable device integration
Sync your health devices to our app to track activity & chart progress



Private Wellness Portal
View your personalized resource library & action plans. Optional food logging feature.



\$50 Amazon E-gift card at the completion of 3 sessions.

Independence Blue Cross covers
6 nutrition coaching sessions
(virtual or in-person) per benefit
year! **NO COST to you!** All
individuals covered under the
policy are welcome to participate

Sign-up today!

info@prolifestylenutrition.com
215.264.2574



Delaware County Community College

Employee Nutrition Initiative

DCCC has partnered with Pro Lifestyle Nutrition to provide this program. Independence Blue Cross covers 6 virtual nutrition sessions each year 100% (no copay).

- **Build & practice a LIFESTYLE that supports your goals.** Recommendations and guidance are tailored to your individual needs and challenges.
- **Prevent/manage health concerns** such as Prediabetes, Diabetes, high cholesterol, PCOS, IBS, high blood pressure, etc.
- **A flexible, non-judgmental approach.**
- **Get more accountability** to help with implementing changes & building consistency, without feeling overwhelmed.

Meet with Dietitians!



Rachel



Art



Melissa



Chelsea



Alyssa



Carly



Jhas - practice assistant

Please contact info@prolifestylenutrition.com or 215.264.2574 with any questions or to register for nutrition coaching.

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How to sign up:

- 1 Reach out to us at info@prolifestylenutrition.com or (215) 264-2574 and share a couple times during the week that work well for you.
- 2 Once your session is confirmed, complete our electronic HIPPA & pre-session form.
- 3 Meet with your personal dietitian at your scheduled time!

Additional Info:

- Family members and spouses are also welcome to participate!
- Other accepted health plans include all IBX Personal Choice and KHPE plans, Aetna, Federal Blue Cross, Cigna and Highmark Blue Cross Plans.

***Aetna, Cigna, & Highmark benefits need to be verified and may vary .

Sign-up today!

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