

## Feed Your Health

Blue Cross and Blue Shield of North Carolina (Blue Cross NC) is working with NourishedRx to provide a new and innovative diabetes management program called Feed Your Health, a healthy food and nutrition support program for uncontrolled type 2 diabetes. This program is designed to help participants reach their health goals through the power of healthy eating.

Once enrolled in the program, participants receive four months of nutritious and delicious home-delivered food, six months of one-on-one nutrition coaching with a NourishedRx registered dietitian, and ongoing education, resources and support.



### \*Eligible members:

- ✓ Diagnosed with type 2 diabetes
- ✓ Hemoglobin A1c (HbA1c) value of 8.0% or greater (in past 6 mos)
- ✓ Can safely consume food & participate in the program

*\*Note: Eligible members will be invited to participate.*

### Expected program impacts:

- Decreased HbA1c levels
- Improved health and self-care engagement
- Sustainable behavior change
- Improved quality of life
- Medical and pharmacy cost savings

### Members receive:

- **For 4 months:** Medically-tailored home-delivered food, including a combination of prepared meals, meal kits, and groceries tailored to member needs and preferences.
- **For 6 months:** NourishedRx care team support, including a dedicated registered dietitian and wellness associate providing nutrition coaching, education, and wellness and social support.
- **For 12 months:** Self-service tools and resources through the NourishedRx web/mobile app, online wellness resource library, and content via email/text communications.

*\*There is no additional cost to the member.*

### How to enroll:

**Visit:** [nourishedrx.com/enrollment/feedyourhealth](https://nourishedrx.com/enrollment/feedyourhealth)

**Call or text:** 844-727-6670 (TTY 711), Monday – Friday, 8 a.m. – 8 p.m. ET

**Email:** [feedyourhealth@nourishedrx.com](mailto:feedyourhealth@nourishedrx.com)

*You may be required to provide a copy of your HbA1c lab result during program enrollment.*

Scan the QR code below



NourishedRx is an independent company providing nutritional services on behalf of Blue Cross and Blue Shield of North Carolina (Blue Cross NC)

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