

HUSK Virtual Nutrition

Get personal support from a registered dietitian



For our bodies to function at their best, they need the right balance of vitamins, minerals, and nutrients.

As an Independence Blue Cross (IBX) health plan member, you have access* to HUSK Virtual Nutrition, a program offering personalized, one-on-one support from a registered dietitian who can design a food plan with your needs and goals in mind. So, whether you want to lose weight or just learn how to eat better, HUSK Virtual Nutrition can help.

With HUSK Virtual Nutrition, IBX members get:



One-on-one virtual nutrition consultations

Connect with your registered dietitian to ask questions, receive advice, and set health goals. IBX members who have a nutrition counseling benefit* can receive up to six annual HUSK Virtual Nutrition consultations at no cost.



Wearable device integration

Sync your health devices to the HUSK Nutrition app to track your activity and chart progress toward your nutrition and exercise goals.



Personalized nutrition plan

Kick-start your results with individualized guidance and support, like how to shop for healthy foods.



Unlimited messaging access

Ask your registered dietitian questions anytime, anywhere using our private communication tool.



Private health portal

Get access to a comprehensive nutrition resource library, including grocery lists, meal ideas, and articles on trending health topics.



Monthly expert nutrition tips

Build long-term success with innovative strategies, advice, recipes, and more.



Accountability check-ins

Stay on-track by sharing progress updates with your registered dietitian.

Independence 

HUSK

IBX

Getting started is easy!

1. Complete registration form.

Let us know you're interested in HUSK Virtual Nutrition by filling out a short form at <https://register.nutrition.huskwellness.com/register>.

2. Schedule a one-on-one consultation with your registered dietitian.

Once your health plan coverage is confirmed, HUSK will send you a notification to set up your initial consultation.

3. Download the HUSK Virtual Nutrition app.

After you schedule your first consultation, you will be able to access the HUSK Virtual Nutrition app. Sign in and complete the required information before your initial consultation.

4. Meet your registered dietitian!

Your registered dietitian will communicate with you exclusively through the app. Between sessions you will receive accountability reminders, personalized messages, and tips to bring your goals within reach!

Get started by downloading the HUSK Virtual Nutrition app from Google Play or the App Store.



HUSK Virtual Nutrition delivers customized nutrition plans in a clear, effective format to ensure the highest possible results. Studies show:

- Registered dietitians are trusted sources of guidance for weight loss.
- People want individualized support and help from experts to achieve sustainable results.
- Individuals who work with registered dietitians lose more weight than those who don't.

*Members should review their health plan benefits to confirm their nutrition counseling coverage and eligibility.

HUSK is an independent company that provides select services for Independence Blue Cross (IBX) members. This program provides support through your secure HUSK Virtual Nutrition account and mobile app. This program does not provide a phone, tablet, smartwatch, or any other digital tracking device.

Independence Blue Cross offers products through its subsidiaries Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.

