



We want to be your Wellness Partner!

H-E-B Registered Dietitians are here to support your wellness goals through **virtual counseling** and now select **H-E-B Locations!**



Our H-E-B Dietitians can help with:

- Weight Loss and Weight Gain
- Diabetes, High Blood Pressure and Other Chronic Disease Management
- Digestive Health
- Bariatric Nutrition
- Food Allergies
- Oncology Nutrition
- Athletic Performance
- Nutritional Needs During Pregnancy

TAMUS BCBSTX insured employees are covered at 100% for nutrition support

CUSTOMER CARE TEAM: (855)481-1149

[heb.com/nutrition](https://www.heb.com/nutrition)