



You may be eligible to participate at no-cost*

Eat Smart, Move More, Weigh Less includes 15 weekly online sessions delivered by a **live** Registered Dietitian Nutritionist (RDN).

Sessions include evidence-based strategies to achieve and maintain a healthy weight.

REGISTER NOW

Online Sessions begin the week of October 11th

*Registration closes **Friday, October 9th at 8:00pm ET.***

*Each weekly session is covered at 100% as a telehealth group nutritional counseling visit. BCBSNC members, including State Health Plan members, can participate at no cost. Please enter the coupon/voucher code - **GNC2020**. You will be asked to enter your BCBSNC subscriber ID#. Your primary insurance provider must be BCBSNC.