Connect with a registered dietitian and receive a personalized plan





Elara Caring®

Talk to a registered dietitian by phone or video when it's most convenient for you. This service can help with:

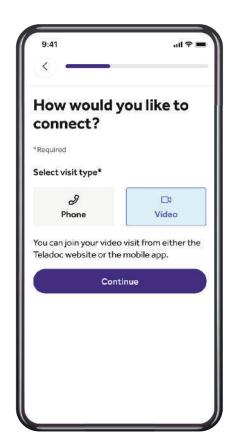
- Weight management
- Prenatal nutrition

Diabetes

- Other health conditions
- High blood pressure

How it works:

- 1 Download the app, go online or call Teladoc Health to get started
- 2 Complete or update a brief medical history
- Request an appointment with a dietitian for a time that's convenient for you



Learn more

Visit TeladocHealth.com/Primary360
Call 1-800-TELADOC (835-2362) | Download the app **€** | **♣**

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