



Virtual Nutrition Coaching

Custom Plans. Proven Results.



Here's your path to healthy eating!

Do you want to get fit, lose weight, gain energy or sleep better?

Good news! You can visit with a Nutrition Expert who can help.

The best part? This can be a covered benefit by health insurance.

Program Details

Visiting with a Registered Dietitian is a great way to make sustainable progress toward your health goals.

Visits are:

- 30-60 minutes every 2-8 weeks
- 100% private, just like visiting the doctor
- Tailored to your specific preferences, needs & goals



Nicole Parello

Your Registered Dietitian

Getting Started

Everyone is invited to meet with CHARGE for a complimentary initial visit.

To schedule, tap here: <https://calendly.com/nicolecharge/virtual-visit>

Insurance Details

- Nutrition coaching is a covered preventive benefit, like a flu shot
- At no cost, your health insurance plan may include 3-6 sessions
- CHARGE will check your plan to see if you qualify
- All appointments are held virtually and can be done via a smartphone or computer