



## H-E-B: The power of personalized nutrition.

Curative is making it easier for you to elevate your health with personalized nutrition plans brought to you by H-E-B Wellness Nutrition Services\* in Texas. H-E-B dietitians are a covered benefit for members who complete a Baseline Visit within 120 days of plan activation.

Through Curative's partnership, H-E-B dietitians create personalized plans that take into account your budget, lifestyle, and specific health requirements. Not only will the team assist you with food selections, they'll also show you exact products that will make a difference in your nutrition plan.

H-E-B Dietitians see the supermarket as a classroom where they can share their knowledge about food and nutrition in ways that are convenient and hassle-free through better-for-you swaps. H-E-B Dietitians make product recommendations that are personalized for you and your journey.

Curative and H-E-B Wellness Nutrition Services believe in providing comprehensive support to help you achieve your nutrition goals while accommodating your preferences and unique circumstances. H-E-B dietitians specialize in the following conditions:

### AUTOIMMUNE DISORDERS

Multiple Sclerosis  
Celiac Disease  
Rheumatoid Arthritis  
Crohn's Disease  
Ulcerative Colitis

### BEHAVIORAL ISSUES

Alzheimer's  
Dementia  
Eating Disorders:  
Anorexia Nervosa, Bulimia Nervosa,  
Binge Eating Disorder

### CARDIOVASCULAR HEALTH

Coronary Artery Disease  
Heart Attack or Stroke  
Hypertension

### DEVELOPMENTAL DISABILITIES

Autism Spectrum Disorders  
Down's Syndrome  
Prader-Willi

### DIABETES

Type 1  
Type 2  
Gestational  
Pre-Diabetes

### DYSPHAGIA

### FOOD ALLERGIES & AVERSIONS

Food Allergies  
Food Sensitivities  
Food Intolerances  
Food Aversions (picky eaters)

### PULMONARY

COPD  
Cystic Fibrosis

### MUSCULOSKELETAL CONDITIONS

Arthritis  
Gout  
Rheumatoid Arthritis  
Osteoporosis

### GASTROINTESTINAL DISORDERS

Gastroparesis  
GERD  
Peptic Ulcers  
Esophageal  
Gastric Surgery  
Irritable Bowel Syndrome  
Colostomy Ileostomy  
Diverticular Conditions  
Liver Cirrhosis  
Gallbladder  
Pancreatitis

### NEUROLOGICAL CONDITIONS

Epilepsy  
Huntington's Disease  
Parkinson's Disease

### NUTRIENT DEFICIENCIES

Anemia  
Other Nutritional Deficiencies

### OBSTETRICS

Prenatal Nutrition  
Breastfeeding  
RENAL  
Kidney Stones  
Kidney Disease  
Dialysis

### ENDOCRINE DISORDERS

Hyperthyroidism  
Hypothyroidism  
Hashimoto's  
Grave's Disease

### TRANSPLANT

Transplant of Kidney

### WEIGHT MANAGEMENT

Overweight  
Obesity  
Underweight; BMI < 18.5  
Malnutrition  
Unintentional Weight Loss  
Bariatric Surgery

### The program covers:

- ✓ Weight Management
- ✓ Diabetes Management
- ✓ Childhood and Family Nutrition
- ✓ Cancer Nutrition Support
- ✓ Food Allergy Support
- ✓ Digestive Support
- ✓ Sports Nutrition
- ✓ Cardiovascular Health

To sign up, let your Care Navigator know you're interested in joining or call Member Services at **855-4-CURATIVE (855)-428-7284**.