Talk to a dietitian. Nutrition therapy may be covered by your Cigna Healthcare plan.

Nourish

What is Nourish?

Nourish is a national nutrition therapy provider with a network of 3,000+ registered dietitians (RDs).[1] We make it easy and affordable to reach your health goals by connecting you with a personal RD and a suite of nutrition-related tools that may be covered by your health plan.[2]

How does Nourish work?

Match with the best RD for your goals

When you sign up, Nourish will match you with the best RD for your personal health goals and preferences. Our RDs cover all major specialties, including weight loss, diabetes, heart conditions, eating disorders, gut health, and more.

Comprehensive nutrition assessment

Your RD will learn more about you and your health goals to develop a personalized care plan.

Ongoing care

In follow-up sessions, your RD will fine-tune your treatment plan with actionable recommendations and coaching.

Between-session support

Throughout the program, you can use the Nourish app[3] to message your RD, log meals and track macronutrients with AI, view curated recipes, track goals, and much more.

> “Since that first meeting, my dietitian has completely changed my view around food. I’ve been able to work with her to find out which food, patterns, and other factors are influencing my stomach pain.”
>
> **Nourish Patient[4]**

How do I sign up?

Visit usenourish.com/corporate

Scan this QR code[5]



1. Based on 3,000 dietitians employed by Nourish as of 6/18/2025. Subject to change.
2. Eligibility and coverage is subject to customer plan design and provider will confirm eligibility and coverage.
3. App/online store terms and mobile phone carrier/data charges apply.
4. This example is for illustrative purposes only. It's based on an actual customer experience. Information has been changed to protect privacy. Customer results will vary.
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