curative | 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

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To **start your nutrition journey**:

1. Call **H-E-B Nutrition Services - (855)-803-9355** to book a **virtual or in-store visit**
2. Use **Curative insurance**
3. Meet with H-E-B dietician
4. **Discover** how to **shop** for your **health**