

# SUMMARY PLAN DESCRIPTION LANGUAGE

## Summary Plan Description Language: Healthy Diet (Counseling)

### Covered Counseling

Intensive behavioral dietary counseling is covered for adult beneficiaries with hyperlipidemia (lipid disorders) and other known risk factors for cardiovascular and diet-related chronic diseases.

### Initiation, Cessation, and Interval

Beneficiaries who meet the criteria for counseling are eligible for 3 intensive (30-45 minute) counseling sessions per calendar year.