

About Nutrition Services at Great Wave Acupuncture & Wellness

Balanced nutrition serves as the foundation for a happy and healthy lifestyle. Working together with our registered dietitian, **Jessica Roy**, will help you to set realistic and sustainable goals in a supportive environment.

Jessica is a registered dietitian and nutrition counselor passionate about helping people to create a positive relationship with food. With more than 15 years of experience, Jessica works with a diverse set of nutrition concerns, such as diabetes, heart disease, weight management, digestive health, and others.

Jessica provides individual counseling sessions as well as group sessions for interested families. Being Mom to two great kids, she has lots of fun and practical tips on eating together as a family, supporting picky eaters, and finding the fun in cooking and eating a variety of foods.

Appointments are available in person as well as virtually, offering added convenience to your busy day. In the next 1-2 months, Jessica will be in-network with most insurance plans. Jessica will accept the following commercial health plans, which typically cover the full cost of nutrition sessions:

- Aetna
- Blue Cross Blue Shield
- Cigna
- Harvard Pilgrim Healthcare
- Tufts Health Plan
- Mass General Brigham Health Plan
- United Healthcare

Self-pay appointments are also available. As we wait for the insurance companies to add Jessica to their networks, she is offering discounted self-pay appointments.

Please reach out today to schedule your own nutrition counseling appointment!

info@greatwaveacupuncture.com

<https://www.greatwaveacupuncture.com/>

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