



Wellness™

NUTRITION SERVICES

Your Hidalgo County medical benefits cover up to 26 visits a year with an H-E-B dietitian!

GET ASSISTANCE WITH:

- Food allergies
- Athletic performance
- Weight loss
- Digestive support
- Diabetes management

YOU ARE ELIGIBLE FOR COVERAGE IF:

- Diagnosed with diabetes; doctor's referral needed
- BMI > 30



SERVICING LOCATIONS

H-E-B Plus!
901 Trenton Rd
McAllen, TX 78504

H-E-B
1212 S. Closser Blvd
Edinburg, TX 78539

CALL

855-481-1149

MORE CONTACT INFO:

nutritionservices@heb.com

Monday - Friday | 8:30 AM - 5 PM

Saturday | Virtual visits only

Restrictions may apply. Please call to verify coverage.