Access Wellbeing Services In Healthy Ways ©

Your Ramp Health Providers are experts in their field and are ready to support you through our one-on-one services:

- Nutrition Counseling
- Diabetes Self Management Education And Support (DSMES)

- ✔ One-on-One Sessions
- ✔ 45–60 Minutes Long
- ✔ Offered Virtually
- ✔ 100% Confidential & HIPAA-Protected
- ✔ No-Cost To You*

* Nutrition Counseling is a 100% covered benefit under your company’s Independence Blue Cross Plan. DSMES sessions are also covered for those with diabetes.

Sign Up Through Your Healthy Ways© Digital Platform

Schedule Appointments
Take Self-Guided Courses
Receive Healthy Lifestyle Resources & More!

1. Scan the QR code or CLICK THIS LINK to register.
2. Check your inbox for an email to verify your account.
3. Log in and schedule your appointment.

*Already have an account? Go to portal.healthyways.com to log in and book an appointment

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