

Meet your Cigna Registered Dietitian



Sara
Pellegrino

Sara specializes in chronic disease prevention and management through healthy eating and nutrition counseling. She looks forward to working with you to provide support and encouragement to achieve your health goals.

What a Cigna Registered Dietitian can do for you:

- One-on-one nutrition counseling
- Personalized diet recommendations
- Healthy eating
- Disease management
- Individual counseling for dietary needs
- Group health coaching
- Grocery store tours
- Cooking demonstrations
- Weight, body composition, waist circumference, BMI
- Referrals when appropriate to health professionals



If you are a Cigna plan participant email Sara.Pellegrino@cigna.com to schedule your appointment or call **571-317-9293**.

