



SHOWCASE

Culina Health

Scaling Nutrition Care for Impact



Nutrition is often treated as an after-thought in health care. Culina Health is changing that.

The company was founded to close a critical gap: making evidence-based nutrition care accessible, affordable and central to health outcomes.

During COVID, when telehealth reimbursement unlocked new possibilities, Culina began delivering insurance-covered dietitian care virtually, removing barriers that had previously kept nutrition counseling out of reach for most people. Today, Culina is a leader in dietitian-led telehealth. Its approach, backed by millions of data points and Institutional Review Board-approved research, consistently outperforms industry benchmarks.

With support from the Social Impact Funds, Culina raised its Series A financing round and partnered with payers like Blue Cross Blue Shield to integrate nutrition into care delivery. As a result, the organization now delivers 5,500 sessions per month, with 93% of patients covered by insurance. Most patients receive 12–26 sessions annually, with insurance covering 60 minutes weekly, making access more widely available and sustainable.

THE CHALLENGE

 **Affordability and access**
to evidence-based nutrition care

CULINA HEALTH IMPACT

 **5,000 sessions**
delivered monthly

 **93% of patients**
covered by insurance.

Most receive:

 **12–26 sessions**
annually

 **60 minutes**
weekly

The results are transformative: patients lower HbA1c, blood pressure, cholesterol and weight, reducing hospital readmissions and cost of care. One patient shared: "I dropped my A1C from 9 to 5.4 and lost almost 60 pounds!"

Looking ahead, Culina is building AI-powered tools to integrate nutrition into electronic health records and launching advanced training programs to upskill dietitians nationwide. By embedding nutrition into the fabric of care delivery, Culina is not only improving health outcomes, it is transforming the health system to prioritize prevention, access and long-term impact.

Explore the Breakthroughs Transforming Health and Opportunity for All.

Learn more about how the Social Impact Funds are catalyzing solutions that improve lives and communities.

Sign up to stay connected with us.

Culina Health is embedding evidence-based nutrition into the fabric of care delivery to improve health outcomes and transform the health system.



The **Social Impact Funds** are part of American Heart Association Ventures, the group that leads and coordinates the venture capital programs of the American Heart Association. heart.org/SocialImpactFunds



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