

# Nutrition Counseling

**No-Cost** benefits covered under many major insurance plans

Available to spouses and dependents

Confidential and HIPAA-protected

Offered virtually via telehealth



## Customized Nutrition Care

Our team of **Registered Dietitians (RDs)** will help you connect what you eat with how you feel and will support your efforts to **make lasting improvements**. Virtual nutrition counseling with our team of Registered Dietitians is a **proven nutrition solution** that will help you:

- Manage Weight
- Lower blood pressure and cholesterol
- Prevent and treat diabetes
- Improve heart health
- Meal plan for you and your family
- Efficiently grocery shop within your budget
- Develop a better relationship with food
- Eat more nutritiously within your food preferences

## Receive One-on-One Support From Credible Providers

All Registered Dietitians are nutritionists, but not all nutritionists are Registered Dietitians. Turning to the wrong resource for nutrition advice can lead to poor health outcomes. Corporate Wellness Nutrition's team is exclusively made up of Registered Dietitians which ensures that you will receive the most credible, up-to-date nutrition recommendations.

Nutritionist	VS	Registered Dietitian
<p>Unregulated</p> <p>Professional Training Not Required</p> <p>Continuing Education Not Required</p> <p>Less Access To Credible Nutrition Research</p>		<p>4 Year Degree</p> <p>1 Year Residency Program</p> <p>National Exam</p> <p>Licensed and Credentialed</p> <p>Continuing Education</p>

[CLICK HERE TO SIGN UP](#)

Once you sign up, a Corporate Wellness Nutrition customer service team member will reach out in 1-2 business days to schedule your session and provide you with your virtual appointment details.