

# Top 10 Reasons To Meet With A Registered Dietitian



## Proven Solutions From The Nutrition Experts

### 1. You have diabetes or cardiovascular problems

A Corporate Wellness Nutrition Registered Dietitian can serve as an integral part of your health care team by helping you safely change your eating plan without compromising taste or nutrition.

### 2. You are thinking of or having or have had weight loss surgery

Since your stomach can only manage small servings, it's a challenge to get the right amount of nutrients in your body. A Corporate Wellness Nutrition Registered Dietitian will work with you and your physician to develop an eating plan to meet your needs.

### 3. You have digestive problems

A Corporate Wellness Nutrition Registered Dietitian will work with you to help fine tune your diet so you are not aggravating your condition.

### 4. You are pregnant or trying to get pregnant

A Corporate Wellness Nutrition Registered Dietitian can help ensure you get adequate intake of folate, especially during the first 3 months of pregnancy, lowering your newborn's risk for neural tube or spinal cord defects.

### 5. You have food sensitivity or allergies

A Corporate Wellness Nutrition Registered Dietitian will help you identify which ingredients and foods you should avoid and which foods are still safe for you to eat and enjoy.

### 6. You concerned about your child, teenager or spouse's health

Virtual nutrition counseling is a covered benefit under most insurance plans and covers visits for spouses and dependents. Corporate Wellness Nutrition Registered Dietitians are able to meet with those of all ages.

### 7. You need to gain or lose weight

A Corporate Wellness Nutrition Registered Dietitian will work with you to determine your specific nutrient needs to help you meet your weight goals without cutting out any major food groups.

### 8. You want to eat more mindfully

Become in tune with your physical hunger cues and learn how to be more present when eating meals or snacks. A Corporate Wellness Nutrition Registered Dietitian can help you control your cravings through mindful eating practices.

### 9. You want to eat smarter

A Corporate Wellness Nutrition Registered Dietitian can help you sort through misinformation, learn how to read labels at the supermarket, and discover that healthy cooking can be inexpensive and easy.

### 10. You want to improve your performance in sports

A Corporate Wellness Nutrition Registered Dietitian can help you set goals to achieve results- whether you're running a marathon, skiing or jogging with your dog.

## Meet With a Registered Dietitian Today!

- One-on-One, virtual sessions you can schedule at any time that works for you
- 100% covered under many insurance plans
- Available to spouses and dependents
- Simple Sign Up Process- Scan the QR code, provide your information and a customer service team member will reach out in 1-2 business days to book your appointment

