

Nutrition Support Services

Nourishing expert advice

Are your eating habits out of control?

Concerned about type 2 diabetes?

Is coffee and a doughnut a balanced diet to you?

Your food choices have a major impact on your mood, health and energy levels. But maintaining a healthy, well-balanced diet can be a challenge with a hectic schedule and multiple family demands. Fortunately, your Employee and Family Assistance Program (EFAP) can help you achieve your nutritional goals.

What's the connection to Nutrition Support Services?

Your EFAP offers a holistic approach. EFAP support will help you make positive changes to your diet by addressing any underlying issues associated with weight loss/gain, eating routines and lifestyle changes; in addition, it will offer support for a proactive, self-care approach to wellness. We can also connect you to a Registered Dietitian who can assess your eating habits, identify dietary concerns and answer any questions you may have.

How can the service help?

You can receive help on a variety of concerns including:

- Weight loss/gain
- Getting off the diet 'roller coaster'
- Boosting energy and stress resilience
- Healthy eating on the go
- Accommodating shift work
- Eating a well-balanced vegetarian diet
- Lowering cholesterol levels
- Reducing high blood pressure
- Regulating diabetes
- Preventing heart disease
- Preventing osteoporosis



Your initial professional consultation with a Registered Dietitian will help you create and follow a personalized nutrition program that targets your individual needs and suits your lifestyle. Subsequent consultations can address any questions you may have and support you in achieving your goals.

You may also receive *Eating for Health*, an educational resource package. This resource can help you apply healthy eating strategies to support disease prevention and management. It offers the latest tips and tools on nutrition to manage a variety of common health risks.

Get on the right dietary track by calling your EFAP:

1 800 777-5888 TTY Service: 1 877 338-0275

Or, for online information and resources, log on to:
www.workhealthlife.com

Confidential Nutrition Support Services are available to you and your family members as part of your EFAP. There is no cost to use the service.