



# Virtual Dietary Consults

Enhance your employees' health and wellness with tailored nutrition services. A registered dietitian provides convenient virtual appointments. Dietitian-created nutrition programs to elevate employee wellness with practical, results-driven solutions. Services offered below to encompass employees needs no matter where they are at in their journey.

**Services Offered - *Personalized one-on-one counseling:***

- General wellness
- Meal planning
- Health management (diabetes, high cholesterol, PCOS, etc.)
- Weight loss
- Gut health
- Diabetes
- GERD
- High Blood Pressure
- High Cholesterol
- Weight Loss
- Pregnancy & Postpartum
- Sports Nutrition
- Vegan/Vegetarian
- Perimenopause & Menopause

***Other areas of focus:***

- Intuitive eating
- Accountability
- Elimination diet
- Relationship with food
- Mind-body connection
- Personalized macros
- Holistic/Functional
- Supplement management
- Exercise/stress management

***One-hour appointments***

***Billed to employee insurance or direct bill options available.***

To learn more about our tailored solutions contact us today: [EmployerSolutions@NovantHealth.org](mailto:EmployerSolutions@NovantHealth.org)