

Subject "Eating for Excellence"

Preheader Virtual dietary consults are now available for you employees

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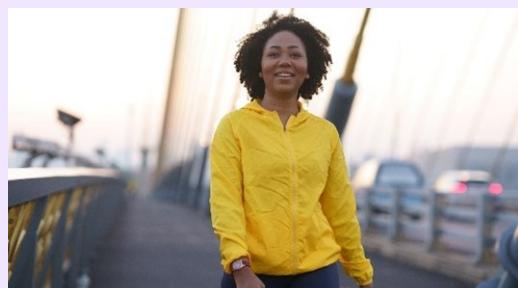
NOVANT HEALTH EMPLOYER SOLUTIONS



Virtual dietary consults are now available for your employees

Unlock your potential in the new year by fueling your body right! Novant Health's Registered Dietitian will provide actionable nutrition tips for employees looking to enhance their health and well-being. Learn how to make tasty and nutritious choices that fit into busy schedules, improve mental clarity, and reduce stress. Your Employee's can schedule one-on-one virtual sessions with our dietitian for personalized nutrition advice and a customized wellness plan.

[Download the PDF here](#)



Holistic wellness: Treating the whole person.

Whether it's our emotional health or our social, our environment at home or work, these affect our health without us possibly even being aware.

[Learn more](#)

Watch our most recent Well-being Exchange.

If you missed the Well-being Exchange on Dec. 12, here is the link to the recording.

[Watch here](#)

Check out the latest from Healthy Headlines.

From heart health to orthopedic care and more, stay connected with wellness information that matters.

[Learn more](#)



For more information on how **Novant Health Employer Solutions** can support your company, call us at [336-277-3431](tel:336-277-3431) or send us an email at EmployerSolutions@NovantHealth.org.

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