Your Employee and Family Assistance Program is a support service that can help you take the first step toward change.

Nutrition Support Services



Nutrition Support Services available through your Employee and Family Assistance Program (EFAP) offer a holistic and proactive approach to your nutrition and wellness. Our professionals will help you make positive changes to your diet to address weight loss or gain, eating routines and lifestyle changes. You also have access to Registered Dietitians who can assess your eating habits, identify dietary concerns and answer nutrition questions you may have.

Support to help you meet your nutrition goals

Receive help for a variety of concerns, including:

- Weight loss or 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

Nutrition Support Services are provided through telephonic consultations with our professionals or a Health and Wellness Resource Kit to use at your own pace at home. Your initial consultation offers an assessment and education component and can include goal definition and action planning. Follow-up sessions ensure you are on track to achieving your goals.

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