

Pacific Medical Centers Individualized, On-Site Nutrition Counseling

Brought to you by the Living Well Alliance™



Employees want to take charge of their health. When they feel fit and well, morale improves, absenteeism drops and employers can better contain health-care costs. Many chronic illnesses can be prevented or improved with a change in lifestyle and nutrition.

Our individualized nutrition-counseling program can help your staff reach their wellness goals. It is typically offered after a complimentary Living Well Alliance screening event or class and is held on-site at your offices. Counseling includes healthy meal planning and support with achieving personalized health and fitness goals.

The Nutrition Counseling program format is a series of visits:

- Initial 30-minute, confidential consultation with a registered dietitian.
- Two 15-minute, individual follow-up visits with each employee. For best results, appointments should be no more than 2–4 weeks apart.
- Extra 15-minute sessions, at an hourly rate, on an as-needed basis to meet employee's goals or provide outside referrals.

Employees receive these valuable services:

- One-on-one review of health conditions and personal goals with registered dietitian.
- Defined, achievable goals for an ideal eating plan, digestive health or lifestyle changes.
- Meal planning or medical nutrition therapy, designed by registered dietitian to treat a concern.
- In follow-up visits, continued counseling, checks on progress, consideration of obstacles and encouragement.

Program cost is \$200 per hour. Company can pay for full program, or individual employees can pay for their consulting time with dietitian.

The Employee Nutrition and Lifestyle Counseling program is offered through the Living Well Alliance, which provides health risk screenings and wellness education in your workplace.

For more information, please contact Living Well Alliance:

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