

# ARE YOU SMU STAFF?

## DID YOU KNOW YOU HAVE FULL HEALTH COVERAGE FOR DIETITIANS?

DON'T LET YOUR BENEFITS GO TO WASTE!



Michael Manderville, Registered Dietitian

### WORKING WITH A DIETITIAN HELPS YOU:

- Improve your health and wellbeing
- Stay accountable and motivated to reach your goals, whether they be weight management, muscle gain, or chronic disease management
- Stay on track with ongoing support and guidance
- Work through barriers as they come up
- Know that you are receiving reliable, trustworthy, and professional nutrition advice

### WHAT THE PROGRAM LOOKS LIKE

This **unique** opportunity for SMU staff includes meeting with a dietitian up to 26 times per year, at **no cost to you**.

This includes:

- An initial nutrition assessment
- Ongoing personalized nutrition counselling
- Personalized meal planning
- Two comprehensive nutrient analyses
- Kitchen set-up assessment

\*Research shows that the more touch-points (meetings) we have, the more likely you are to reach your goals.



### HOW MUCH DOES IT COST?



With your SMU staff health benefit plan, you pay **\$0.00** out of pocket and everything is direct billed!

That's a **value** of over \$3,000!



### STATE OF THE ART TECHNOLOGY

Gain access to a secure and private app that lets you keep a nutrition journal, meet virtually, and message the dietitian directly. All included in the consultation price.



### VIRTUAL APPOINTMENTS

Current technology allows us to meet virtually from the comfort of your own home or office.

CALL, TEXT, OR EMAIL FOR  
MORE INFO

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