



Want to look good *and* feel good?

Your Employee Assistance Program (EAP) provides you and your family with free and confidential Nutrition Consultation Services powered by HumanaCare*.

Learn about:

- Healthy eating such as proper nutrition and portion sizing
- Boosting energy
- Losing and managing weight
- Regulating cholesterol, diabetes & blood pressure
- Making smart beverage choices
- Eating on the go
- Wise eating at celebrations and holidays

Our Registered Dietitians will work with you to:

- Identify health goals
- Create unique, customized plans and programs

We also offer support for specialized diets for athletes, vegetarians, and those with food allergies.

**You and your family are eligible for 3 hours of consultation per person/per issue/per calendar year.*

humanacare.com
1-800-661-8193
24 HOURS A DAY ANYWHERE IN NORTH AMERICA

