



Nutrition Counseling

Program requirements and verification form must be met and submitted to employee wellness by
October 31, 2020

*Caregivers and spouses covered under the INTEGRIS Medical Plan are eligible for the 2020 cash incentive

A nutrition consultation includes a review of personal medical history, including any medications and supplements taken, along with a deeper look into one’s lifestyle to get a sense of their stress levels, sleep patterns, energy levels, exercise, food allergies and gastrointestinal function. At the end of each session, clients will have a better understanding of their goals and how to achieve them.

Eligibility (must qualify by one of the below):

- BMI ≥ 30
- A1C of 5.7-6.4% / prediabetes
- Abnormal LDL cholesterol
- Severe digestive disorders
- Current cancer diagnosis

2020 Enrollment Information:

January 20 to July 31

Program expectations:

Appointment	When To Schedule	What to Expect	Length of Appointment
First Appointment	Open January 20, 2020 Closes July 31, 2020 First appointment must be completed sometime within those dates	Initial consultation- review of questionnaire and educational teaching	1 hour
Second Appointment	Approx. one month from first appointment	Review of 14 day food log	1 hour
Third Appointment	2 weeks – one month from second appointment	Review of food log, check in and review progress	30 minutes
Forth Appointment	2 weeks – one month from third appointment	Review of food log, check in and review progress	30 minutes

Limited capacity

This program is at no cost if the above guidelines are met

For more information, email Meagan Ballard, Meagan.ballard@integrisok.com