



Depending on their health insurance, your employees may qualify for **FREE NUTRITION COUNSELING SESSIONS** each year with a participating registered dietitian.

**There is *no cost* to the individual or you, their employer.**

*YOUR FUEL* is a HealthEase employee wellness program that provides private nutrition counseling by an in-network registered dietitian at your worksite.

**Professional nutrition counseling fuels success!**

- ▶ Participants receive a meal plan and expert nutrition advice tailored to their needs.
- ▶ Helps employees resolve or cope with health issues including: unwanted weight gain or loss, high cholesterol, high blood pressure, diabetes, low energy, and more.
- ▶ Helps lower your company's health care costs
- ▶ Improves productivity and employee performance; lowers absenteeism
- ▶ Encourages job satisfaction and positive morale
- ▶ Fosters a healthy corporate atmosphere

**We make *YOUR FUEL* easy to facilitate!**

- ▶ The confidential, one-to-one sessions can be held in any office space.
- ▶ Initial consults take approximately one hour; follow-up sessions are shorter.
- ▶ HealthEase will promote the service, schedule sessions, and track participation for you.

**Get started today!**

**Call HealthEase at 610.688.2040 or email [info@healtheasefitness.com](mailto:info@healtheasefitness.com).**

