



Health Coaching



Did you know 3.4 million Canadians are living with diabetes, 1.3 million have heart disease, and 62% of Canadian adults have excess weight or obesity? An unhealthy diet is one of the primary risk factors for chronic disease. Take back your health with the Health Coaching program.

This confidential program gives you and your eligible dependents telephone access to a dedicated professional who will support you in achieving your health goals around:

- **Diabetes:** Food choices have a major role to play in preventing, managing and even reversing diabetes. Your Certified Diabetes Educator can help you adopt a dietary strategy to regulate blood sugar and avoid, reduce, or eliminate the need for medication.
- **Heart Health:** Take care of your heart health by understanding the risk factors for cardiovascular disease and choosing an eating strategy to minimize those risks. Your Registered Dietitian will help you discover foods that offer protective cardiovascular benefits and guide you toward adopting a heart healthy diet.
- **Mindful Eating:** Get mindful about your food habits to cultivate healthy eating behaviours that will help you achieve your health goals. Your Registered Dietitian will help you make key changes for successful weight loss while staying nourished, satisfied, and enjoying good food.

Experience the benefit of one-on-one coaching support, self-directed nutrition resources, and health tracking features, including:

- Online comprehensive nutrition assessment tool
- Personalized nutrition report and meal plan
- 24/7 access to nutrition platform
- Dietitian-approved recipes
- Nutrition resource library
- Goal tracker, food journal, weight tracker and more

Are you ready to take back your health? If so, sign up for the program today. Once you've registered, you'll receive a welcome email with a link to a nutrition assessment. Complete that assessment to gain access to all the resources you'll need to support your goals.

enroll.e-coaching.ca/liuna/183