



Health Solutions

Nutritional Health Coaching

Our online support program that helps optimize your health with mindful eating habits to prevent or manage risk factors for a variety of health conditions*.

To get started:

1. To register, visit enroll.ecounsellors.ca/integratedsolutions
2. Click **Let's Start**
3. Select which area of your health you'd like to focus on
4. Complete the required information and click submit. Group benefits policy #:

You'll receive a welcome email that'll include a link to a nutrition assessment. Be sure to check your spam folder. If you don't receive this email within 48 hours, please contact us at healthsolutions@peoplecorporation.com.

Once you complete the nutrition assessment, you'll have access to online support tools and resources including:

- One-on-one health coaching
- A personalized meal plan
- Goal and weight tracking tools
- Healthy recipes
- Food and mood journal
- Informational articles

Once you've completed the nutrition assessment, you'll be assigned a health coach - a certified diabetes educator (CDE) or registered dietitian (RD) - who will create a personalized report and contact you to schedule your first session within two business days.

Your health coach will:



**Analyze and review
your case and
assessment**



**Provide
recommendations**



**Provide you with
a personalized
meal plan**



**Share resources that
are relevant to you**

**During your first health coaching session you
can expect to:**

- Walk through your personalized meal plan and recommendations
- Review the support material and fact sheets
- Discuss any questions and concerns you may have
- Discuss medication adherence, if applicable

**During your follow-up sessions, your health
coach will:**

- Evaluate your adherence to the plan and your medications (if applicable)
- Discuss any challenges, questions, or concerns
- Provide additional support and motivation

