



Nutrition Counseling with a Registered Dietitian

MarLee Harris is available on a *limited trial basis* to discuss nutrition issues such as weight loss, blood glucose and blood pressure control, and nutrition during pregnancy and lactation.

To make an appointment, call 797-1131, or email her: Marlee.Harris@usu.edu.

Dietitian Consultations typically cost \$50-60 with \$30 co-pay with BlueCross BlueShield.

Special employee rate: \$15 for 1st appointment, \$10 for follow-up appointments.



Weight Watchers @ Work is a supportive environment for employees, coordinated by a coach and mentor, to help you reach your goal weight through healthy eating and lifestyle changes.

Meets Thursdays, 11:45am - 12:45pm. The first group of 35 members lost over 290 pounds!

For information, please contact: Shannon Johnson 797-1470 (Shannon.Johnson@usu.edu)

Progress Trackers and Interactive Tools by www.MyRegence.com

Make use of this professional and accurate nutrition information available on our BlueCross insurance website. The *Nutrition Tracker*, *Diet Manager*, and *Meal Planner* are excellent resources to help you set health targets and monitor your progress. Earn points and receive a \$25 gift card incentive for your favorite merchant.