

Nutrition Consultation Services

Want to feel energized and healthy?

Your Employee and Family Assistance Program (EFAP) provides you and your family with free and confidential Nutrition Consultation Services powered by Kii Health*.

Learn about:

- Healthy eating such as proper nutrition and portion sizing
- Boosting energy
- Losing and managing weight
- Regulating cholesterol, diabetes & blood pressure
- Making smart beverage choices
- Eating on the go
- Wise eating at celebrations and holidays

Our registered dietitians will work with you to:

- Identify health goals
- Create unique, customized plans and programs

We also offer support for specialized diets for athletes, vegetarians, and those with food allergies.

**You and your family are eligible for 3 hours of consultation per person/per issue/per calendar year.*

