Here's your path to healthy eating!

Do you want to get fit, lose weight, gain energy or sleep better? **Good news!** You can visit with a Nutrition Expert who can help. **The best part?** This can be a covered benefit by health insurance.

**Program Details**

Visiting with a Registered Dietitian is a great way to make sustainable progress toward your health goals.

Visits are:

- 30-60 minutes every 2-8 weeks
- 100% private, just like visiting the doctor
- Tailored to your specific preferences, needs & goals

**Getting Started**

Everyone is invited to meet with CHARGE for a complimentary initial visit.

To schedule, tap here: [https://calendly.com/nicolecharge/virtual-visit](https://calendly.com/nicolecharge/virtual-visit)

**Insurance Details**

- Nutrition coaching is a covered preventive benefit, like a flu shot
- At no cost, your health insurance plan may include 3-6 sessions
- CHARGE will check your plan to see if you qualify
- All appointments are held virtually and can be done via a smartphone or computer