



## Nutrition Support

Part of your Employee Assistance Program

Nutrition plays a key role in achieving and maintaining good health – and the TELUS Health team are here to help you get there. As part of your TELUS Health EAP, you can access highly skilled, experienced and qualified dietitians.

Our clinicians are accredited, practising dietitians who have completed tertiary qualifications and provide advice, coaching and support based on scientific evidence. We can assist with information across a range of nutrition-related areas, from weight loss and healthy eating to disease prevention.

Download the TELUS Health One app  
or visit [one.telushealth.com](https://one.telushealth.com)

1300 360 364





## Nutrition Support

### How do I access the Nutrition Support team?

Please call us, and our team will book you for the next available telephone appointment.

### How often can I get in touch with a Nutrition Coach?

TELUS Health dietitians are always available to help you; in most cases, we find that 2-3 sessions with your dietitian will be sufficient for most people. Our team will assess your need during your initial session and will develop a plan tailored to you. We're here to help you with strategies so that you can manage your health and nutrition yourself with our guidance.

### Are there other resources available to me?

TELUS Health has a wide range of resources focused on diet and nutrition designed to help you. Your dietitian will provide you with relevant tools that might help as part of supporting you. In addition, if you log into our TELUS Health One app, you'll be able to access our nutrition-related resources – all there for you to download or have at your fingertips.

### Do I have to pay for this additional service under my EAP?

Our Nutrition Support is part of your EAP program, which is available at no additional cost to you. Your employer provides this program as a benefit to support your wellbeing.

### Can my family or eligible members also use Nutrition Support under my EAP?

Yes, your family and eligible members are entitled to use Nutrition Support.

## Solutions for your health.

Our dietitians can assist you across a wide range of areas. These might include:

- Support and coaching for sustainable weight loss and ongoing weight management.
- Guidance on managing food intolerances and allergies.
- Options to manage medical conditions such as diabetes, heart disease, high cholesterol or high blood pressure.
- Dealing with gastrointestinal disorders such as irritable bowel syndrome, diverticulitis or liver problems.
- Improving family nutrition, including helping teenagers maintain a healthy diet, and managing fussy eaters or food aversion.
- Understanding the importance of good gut health and how to achieve it.
- Assessing your current diet and offering guidance to achieve a healthier approach.
- Ensuring you are following a diet with sufficient nutrients during times such as pregnancy, ill health or stress.
- Coaching to improve your energy or performance.
- Learning how to use diet to complement your exercise and activity routines.



### How do I connect with this service?

By phone:

1300 360 364

Online: [one.telushealth.com](https://one.telushealth.com)

By free mobile app for iOS or Android