



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. Your plan and certificate numbers can be found on your benefits card.

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

