

Are you optimizing support for nutrition in your benefits plan?

It may be time for a review! Nutrition is becoming a hot topic in benefits. Smart employers are embracing the growing desire for better nutrition as a way to improve employee health and productivity – it's good for employees, and good for the bottom line!

Why are nutrition services important for your plan?



Health concerns are on the rise

- 44% of Canadians over age 20 have at least 1 chronic health condition
- 11 million Canadians live with diabetes or prediabetes
- More than 2.6 million Canadians suffer from food allergies



Employees want better nutrition

Canadian employees are more aware of their food choices, shopping smarter, and opting for better nutrition now more than ever before... but provincial health plans don't provide adequate coverage.



Employers need to manage healthcare costs

Good nutrition improves health and reduces health risks that can lead to employee absences or high prescription drug use.

- Lowers risk for and helps manage type 2 diabetes
- Improves weight, blood pressure, cholesterol levels
- Controls digestive issues and allergies

Your best choice for nutrition services? Dietitians... Hands-down.



SPECIALIZED

Dietitians must pass university and licensing exams, undergo rigorous practical training, and commit to staying on top of emerging research, skills and techniques in food, nutrition and health.



REGULATED

Dietitians are the only nutrition practitioners that are licensed and regulated in every province in Canada. Just like a nurse or physiotherapist, dietitians hold a protected designation. It can be RD, PDt, DT.I or Dt.P, depending on the province.



PROFESSIONAL

Dietitians belong to a national association that promotes the highest level of professional standards through extensive training, knowledge sharing and a powerful evidence-based nutrition database – a leading resource for nutrition professionals around the world.

Including dietitian services in your plan is easy.

Easy to add... Dietitian services can easily be added to your benefits plan – *just ask your provider!*

Easy to promote... Access online materials to introduce dietitian services to your employees

Easy to use...

- All major direct-claim platforms cover dietitian services
- Online tool for employees to find a dietitian in Canada



Take the test...

- Are you optimizing the nutrition coverage in your plan?
- Could you reduce plan costs by supporting healthier choices?
- Are you offering the most reliable and professional nutrition services available?

If you answered “no” or “I’m not sure” to any of these questions....

Talk to your advisor about including dietitian coverage in your plan.