

GSC DIETITIAN HEALTH COACHING

Eating well is a vital factor for good health. That is not opinion. That is fact. But every one of us knows that sometimes healthy eating isn't as simple as it sounds — with so many food options around us all the time, and the marketing that goes with it, sometimes it's hard to know what's good and what's not so good. Maybe you feel you could be eating better and want to make changes. And even if you're already pretty good at making healthy food choices, there's always room for improvement.

GSC's Dietitian Health Coaching program can help.

Offering help and support

The Dietitian Health Coaching program, offered as part of GSC's Change4Life® health management initiative, is a service provided by registered dietitians that focuses on improving your health by making better choices when it comes to food.

Participating dietitians promote and encourage healthier food and nutrition choices with the goal of preventing or reducing the incidence, and better management, of chronic conditions (including diabetes, high cholesterol, hypertension, and obesity) through, for instance, achieving and maintaining a healthy weight.

Do you have a chronic condition?

Three out of five Canadians live with a chronic disease such as heart disease, diabetes, or hypertension. Of this group, 25 per cent live with diabetes, and 62 per cent of the adults and 32 per cent of the children/youth have excess weight or obesity. Poor diet is a **significant modifiable risk factor** for these conditions.* Fancy words that mean you can change it...

Making these healthy lifestyle changes will help:

- Eat a balanced diet — less saturated fat and salt, and more fruits and vegetables
- Quit smoking
- Get regular exercise
- Lose weight — as little as five per cent of your body weight will help
- Limit alcohol

We know it's hard to change...

But research shows that with education and support, such as programs like dietitian health coaching, you can make the changes needed to manage or prevent certain chronic conditions and improve overall health.

*"Include Dietitian Services in Extended Health Care Plan," Dietitians of Canada, June 2015. www.dietitians.ca/Downloads/Public/2015-June-Case-for-Extended-health-care-coverage-f.aspx.

Who's eligible?

If you have extended health benefits under a GSC benefits plan, you and your dependents (age 16 and older) may have coverage available to participate in the Dietitian Health Coaching program. This program is being offered at a total discounted cost of \$200 which, depending on your benefits plan design, may be available at no, or minimal, cost to you. When you request your first appointment, the dietitian will contact GSC and verify your coverage.

How the program works...

The GSC Dietitian Health Coaching program consists of four sessions, delivered over four to eight months with a registered dietitian at a participating store location. Here is what happens:

The initial assessment is when you meet one-on-one with a registered dietitian at a Loblaw or Sobeys Pharmacy location to review your eating habits and health needs. If possible, some measurements will be taken such as your weight, blood pressure, and waist circumference. The dietitian will recommend a nutrition plan for you to follow and will help you set some goals for lifestyle and behaviour change at this visit.

Then there is an in-store session led by the dietitian on the floor of the grocery store. You learn how to read nutrition labels, navigate the aisles, and get practical advice on how to apply what you learn from the program to your everyday life. This session may also include specific recipes and meal-planning education.

In addition, there are two follow-up sessions where progress towards your established goals is assessed and discussed. You'll also get some additional takeaways to set you up for success once you are on your own.

Go ahead, make an appointment

If you would like some help in making changes so you can eat healthier, contact Loblaw at dietitian@loblaw.ca or Sobeys Pharmacy at sobeyspharmacy.com/greenshield to schedule your first appointment.

You will need to provide the following information: first and last name, GSC ID number, address, phone number, and preferred method of contact.

A registered dietitian will reach out to you to arrange a convenient time for your first appointment.

If your community doesn't have a participating store offering the Dietitian Health Coaching program, you can still participate in the program remotely by telephone. Just contact Loblaw or Sobeys Pharmacy and a registered dietitian will reach out to you to arrange a convenient time for your first appointment. While the remote program is not identical to the in-store experience, it will be as similar as possible.

We encourage you to consider how Dietitian Health Coaching can help you take important steps to achieve better health! We're happy to help.