



Healthy@Harris Nutrition Counseling Program

Nutrition Counseling Program Details	
Appointments	<p>Plan to complete 3 appointments minimum with a Registered Dietitian. Additional appointments can be scheduled at the dietitian's discretion and based on availability. All appointments are during business hours. Availability is limited.</p> <ul style="list-style-type: none"> Appointment time: 20-30 minutes
Education Videos	<p>This program includes videos and phone consultations. The videos provide educational information regarding meal planning and diabetic diet. Each video needs to be viewed by the deadline. After viewing, you will meet with the dietitian to set your goals, review progress and ask questions.</p> <ul style="list-style-type: none"> The video is required The video must be viewed prior to your call with the dietitian The video will be sent to you after registration is confirmed
Forms	<p>You will be required to complete these forms throughout the program.</p> <p>Prior to starting</p> <ul style="list-style-type: none"> Nutrition Counseling Agreement 3 Day Food Record Pre Program Evaluation <p>Before each follow up visit with the dietitian</p> <ul style="list-style-type: none"> 3 Day Food Record Goal assessment worksheet <p>After program</p> <ul style="list-style-type: none"> Post Program Evaluation
Cancellations	<p>Please be mindful of the limited space in this program.</p> <p>Please give at least 24 hour notice if you need to cancel or reschedule an appointment.</p> <p>If you are a No Show without notification, you will be removed from the program to allow another employee to participate.</p> <p>Late appointments will be cancelled. It will be the responsibility of the</p>

Contact us at employeeewellness@harrishealth.org; 713-566-6686

Harris Health is committed to helping you achieve your best health. Incentives for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Crystal Cunningham 713.566.4391 (office); 346-302-4248 (Mobile) or via email at HarrisHealth@Cigna.com and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.



	employee to reschedule.
Responsibilities	<ul style="list-style-type: none"> • View webinars by the deadline provided • Complete a 3-day food journal prior to each visit • Complete a goal assessment worksheet prior to each follow up visit • Complete 3 appointments within 6 months of the initial assessment • Complete agreement, and pre and post evaluations
Rewards	Anyone who fulfills the responsibilities will receive 50 Premium Points per completed session, up to 150 Premium Points.
Wait List	A wait list may be available. Contact Employee Wellness for details. If a wait list is offered, it will open the same day as the program sign up. Select a slot for a location where you are able to meet in person. If a session opens, you will be notified. Employees will be selected based on the order in which they sign up on the wait list. The wait list is not a guarantee that you will be added to the program. The wait list expires with each 3-month program. It does not carry over to the next program enrollment.
Alternate Programs	There are additional resources for nutrition assistance available through Livongo and Cigna. Contact Employee Wellness for more information.

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