

## *Individual or Group Shop for Health Tours*

Whether you are shopping to control your diabetes, blood pressure, heart disease, food allergies or just want you and your family to eat healthier, your Hy-Vee dietitian has experience and practical ideas to help you. This is a free service, but does require an appointment.

## *Cooking Classes*

Anyone can learn to cook and your Hy-Vee dietitians and chef offer classes to help all ages learn a variety of skills and recipes. Check your Hy-Vee store's website for your local dietitian's class offerings at [www.hy-vee.com](http://www.hy-vee.com).

## *In-Store Health Screenings*

### *Metabolic Testing - \$65 by appointment*

Do you need help losing weight or getting past the dreaded plateau? If you do, then come in and get your metabolic rate measured. This painless, yet in-depth test will measure your resting metabolic rate and tell you how many calories you burn per day. You must avoid eating, drinking, and exercise at least 4 hours prior to testing. Avoid nicotine at least 2 hours prior to test.

### *Cholesterol Screening - \$45 by appointment*

Do you know your numbers? Get your cholesterol measured (and HDL, LDL, Triglycerides, glucose) with just a simple finger-stick and results in minutes. This test requires a 9-12-hour fast.

## *Individual Nutrition Counseling & Education*

If you need nutrition guidance to lose weight, control your diabetes, blood pressure, heart disease, food allergies or just want you and your family to eat healthier, your Hy-Vee dietitian can provide you with a full, science-based nutrition program. NOTE: With a doctor referral and medical diagnosis, some insurance plans pay for medical nutrition therapy. Call your insurance company and ask.

*See backside for counseling package options*

## *Community Wellness Presentations*

If you would like a dietitian to educate your group on a specific wellness and nutrition topic, please contact your local Hy-Vee dietitian for pricing, topic ideas and scheduling. Presentations can range from 30 minutes to 1 hour.

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# Nutrition Counseling Packages



## Super Shopper - \$62.50

Includes one-on-one nutrition counseling session (30 minutes) and a personalized shopping tour with a 5% discount on your grocery purchases the day of your tour.

## Getting Healthy - \$125.00

Includes one-on-one nutrition counseling session (30 minutes), two (15-minute) follow-up sessions and a personalized shopping tour with a 5% discount on your grocery purchases the day of your tour.

## Making A Change - \$250.00

Includes one-on-one nutrition counseling session (1 hour), four (15-minute) follow-up sessions and a personalized shopping tour with a 5% discount on your grocery purchases the day of your tour.

\*Nutrition Counseling packages expire one year from date of purchase.

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