**Nutrition Counseling**

Staying healthy while working from home has unique challenges. During this public health emergency, your Registered Dietitian is still available to support you virtually, including tips to improve your immune function!

- Confidential and HIPAA Protected
- 30-60 minute appointments
- Available for spouses and dependents too

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**Connecting Virtually with your Registered Dietitian is as Easy as 1, 2, 3!**

**Step 1**

Sign up by contacting us at (215) 799-9099 or myRD@wcusa.com to schedule your appointment. Schedule online at https://www.familyfoodllc.com/book-now/

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**Step 2**

Follow the instructions in your welcome email to access your Registered Dietitian (RD) via Zoom video conferencing.

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**Step 3**

Meet with your RD virtually from any internet-enabled device with a webcam (i.e. computer, tablet, or smartphone).