

# Are dietitian services part of your employee health insurance plans?

They should be! Here's why.

## Working with dietitians is cost-effective

**INVEST \$1**  
in dietitian  
services



**SAVE \$4**  
in drug costs

**REDUCE**  
health-related  
lost productivity  
by up to



**64%**

**DECREASE**  
disability  
days by  
up to



**87%**

## Nutrition counselling by dietitians can help



**REDUCE**  
risk of developing type 2  
diabetes by up to **70%**



**MANAGE**  
food allergies and  
intolerances



**IMPROVE**  
blood pressure, and blood  
glucose and cholesterol levels



**ACHIEVE**  
and maintain a  
healthier weight

## Employees deserve access to cost-effective dietitian services

### Registered Dietitian (RD) Facts

Tailored advice, practical solutions	100%
University degree in foods and nutrition	100%
Provincially regulated	100%
Liability insurance	100%
Professional code of ethics	100%

The title "dietitian" is **protected by law**, just like nurse or pharmacist. Only dietitians can use these initials: RD, P.Dt., Dt.P.

Find a Dietitian

**It's  
easy!**

[www.dietitians.ca/find](http://www.dietitians.ca/find)