

Nutrition Counseling Sessions and Packages

**Counseling packages and the BEGIN program expire one year from date of purchase.*

Super Shopper – \$62.50

Includes one-on-one nutrition counseling session (30 minutes) and a personalized shopping tour (1 hour). This package is recommended for those with food allergies, Celiac disease, Gastroesophageal Reflux Disorder (GERD), kidney stones, constipation, high blood pressure, or ulcers; and for those who are vegetarian, vegan, pregnant, breastfeeding, and for those who need to follow special dietary guidelines: low sodium, high fiber, high protein, etc.

Getting Healthy – \$125

Includes one-on-one nutrition counseling session (30 minutes), two (15-minute) follow-up sessions and a personalized shopping tour (1 hour). This package is recommended for those with inflammatory bowel disease, irritable bowel syndrome, gestational diabetes, type 1 diabetes, type 2 diabetes, heart disease, cancer, chronic kidney disease and for those interested in weight loss.

Making the Change – \$250

Includes one-on-one nutrition counseling session (1 hour), personalized food plan (with meal and recipe ideas), four (15-minute) follow-up sessions and a personalized shopping tour. This package is recommended for those with eating disorders, gestational diabetes, type 1 diabetes, type 2 diabetes, heart disease, bariatric surgery, pancreatitis, cancer, chronic kidney disease and for those interested in weight loss.

BEGIN Basics Program – \$100

BEGIN Basics is an 8-week healthy lifestyle and weight management program led by your Hy-Vee dietitian. This

program provides nutrition education and accountability for those who are interested in reaching various health and wellness goals. This program can be done individually or in a group setting.

BEGIN Healthy Lifestyle and Weight Management Programs – \$290

BEGIN is a healthy lifestyle and weight management programs led by your Hy-Vee dietitian. Megan will work with you to promote healthy lifestyle changes while emphasizing weight loss, exercise and eating for good health. Additionally, the 10-session program includes a cholesterol and blood glucose screening at the beginning and end of the program to help you track your progress.