



640 LINCOLN WAY | AMES, IA | (515) 232-1961

# Wellness Services



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You're taking the right step! Seeking the services of a registered and licensed dietitian is an investment in your health. A dietitian is going to do much more than tell you what to do – in some cases, you already know what to do! The trick is to identify why you're not doing it! And that's why utilizing a Hy-Vee dietitian as your nutrition coach can help you achieve success with your health and wellness goals.

What's different about nutrition coaching? It opens the door to opportunities and challenges you to change. During nutrition coaching sessions, we'll discuss the actions you need to take to reach desired outcomes and meet personal goals. Nutrition coaching means your dietitian will champion your success and empower YOU to make important lifestyle changes.

No one expects to learn a foreign language in one session. Learning proper nutrition and how to create a healthy lifestyle takes time, too. That's why we offer a variety of consultation packages that allow you to choose the number of visits with your Hy-Vee dietitian. We are here to make your life easier, healthier and happier!

## HY-VEE BEGIN™ PROGRAM

**Prices vary; group or individual sessions | By appointment**

This ten-week healthy lifestyle program emphasizes a healthy mind-set towards eating, weight loss and being physically active. Health screens with biometrics and measurements are included. Begin™ is not a "diet" - Begin™ is a plan to help with lifelong wellness.

- 1 initial visit with biometric screening
- 7 group or individual sessions
- 1 follow-up session including measurements
- 1 final visit with biometric screening

## BEGIN 4 KIDS GROUP PROGRAM\*: \$99

This four-week healthy lifestyle program emphasizes a healthy mind-set towards eating and making physical activity fun while increasing confidence in the kitchen to set kids up for life.

- 4 group classes (60 minutes)
- \$99 | By appointment

\*Note: a \$40 fee will be applied for each additional child

## DIABETES PREVENTION PROGRAM

**Prices vary; multiple sessions offered throughout year**

Did you know 1 in 3 adults have prediabetes but only 10% know they have it? This year-long emphasizes a healthy mind-set towards eating, weight loss and being physically active plus reduce your risk for diabetes by 50%.

- Phase One: 12 weekly sessions, 4 bi-weekly sessions
- Phase Two: 6 monthly maintenance sessions

## SUPER SHOPPER PACKAGE

**\$62.50; 20-minute consult + 45-minute store tour | By appointment**

Your appointment begins with a consultation reviewing your current dietary needs, eating habits and healthy history as well as discussing any particular topics you would like to delve into along the store tour. Then we spend the remainder of the appointment out exploring the aisles and looking into items that will fit your dietary needs. Call 515-232-1961 or email ksquires@hy-vee.com to set up your appointment.

## MEDICAL NUTRITION THERAPY

**Prices vary; 1 hour appointment + 30 minute store tour | By appointment**

Medical Nutrition Therapy focuses on treatment and prevention of disease while helping you get back on track to feel your best!

With referral from a physician, Katie will review of your eating habits and lifestyle with you, do a thorough assessment of your nutritional status and Katie will provide a personalized nutrition treatment plan. A Nutrition Shopping Tour is included. Medical Nutrition Therapy is perfect for stubborn high blood sugars, new diagnosis, food allergies or high blood pressure.

## NUTRITION SHOPPING TOURS

**Complimentary | By appointment**

Enjoy an aisle-by-aisle tour to discover healthy new food choices tailored to your needs. Popular topics include heart health, diabetes, stretching your food dollar and food allergies. Take advantage of this free service!

## GROUP NUTRITION SHOPPING TOURS

**Complimentary | By appointment**

Enjoy an aisle-by-aisle tour to discover healthy new food choices. Perfect for groups of 2 to 12 people. Popular topics include heart health, diabetes, quick meal ideas and weight management. Take advantage of this free service!

## BLOOD GLUCOSE SCREENING

**\$10 | By appointment**

The easiest way to test for diabetes is a blood glucose test. The test requires a small finger prick to draw a drop of blood, and the results are available immediately.

## HBA1C SCREENING

**\$35 | By appointment**

Measures your HbA1C, an average blood sugar over 2-3 months. The test requires a small finger prick to draw a drop of blood, and the results are available immediately.

## BIOMETRIC SCREENING

**\$45 | By appointment**

Measures your total, LDL and HDL cholesterol, triglycerides and blood glucose. A simple finger-prick test with results in ten minutes. Also included: blood pressure, waist circumference, height, weight, and body mass index measurements. For accurate results, please fast for 12 hours before the test.