

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

## They should be! Here's why.

### Working with dietitians can help

REDUCE health care costs by **34%**<sup>1</sup>



REDUCE health-related lost productivity by **64%**<sup>2</sup>



DECREASE disability days by **87%**<sup>2</sup>



REDUCE<sup>3</sup> an employee's sick time rates of injury and disability prescription drug costs medical costs insurance premiums

### Lifestyle and diet changes can help reduce the risk of

heart disease and stroke

by **80%**<sup>4</sup>

cancer

by **40%**<sup>4</sup>

### Advice from dietitians can help



MANAGE food allergies and intolerances



REDUCE the risk of developing type 2 diabetes by

**60%**<sup>5</sup>



IMPROVE<sup>6</sup> blood pressure and cholesterol levels

### Myth:

All employee health-care benefit plans cover the cost of seeing a registered dietitian.

### Truth:

Employers must *choose* dietitians as a reimbursable service within their work site employee health plan.

Unfortunately, many companies do not opt for this because they don't know the benefits of dietitian services. **It's time to change that.**



## GET INVOLVED!

Bring this infographic to HR, your union, or employer to show them the benefits of dietitian services.

Just Ask!

**FOR DIETITIANS TO BE COVERED** under your employee health insurance plan.

### Registered Dietitian (RD) Facts

Tailored Advice (to Meet Your Needs)

**RDs: The Only REGULATED Nutrition Professionals in Canada**

University degree in Nutrition	<b>100%</b>
Provide evidence-based advice	<b>100%</b>
Provincially licensed	<b>100%</b>
Follow a code of ethics	<b>100%</b>

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)



**Dietitians of Canada**  
Les diététistes du Canada  
Consulting Dietitians Network

References for this infographic are available at [www.dietitians.ca/employeehealth](http://www.dietitians.ca/employeehealth)

The Consulting Dietitians Network (CDN) represents dietitians across Canada who work in private practice, offer workplace wellness, and consult with the media and the food industry. CDN's mission is to increase employee health insurance coverage for dietitian services.

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