

# Dietitians as part of your health care team

Use your extended health care benefits



## How to navigate your extended health care plan

- Call your extended health care plan and ask:
  - *Do I have coverage to see a registered dietitian?*
  - *Do I have a health spending account?*
  - *Do I need a doctor's referral?*
  - *How much coverage do I have in a calendar year and do I have this amount for each family member?*
- If you have a health spending account, this can be used for your dietitian services

*If you do not have coverage, let your employer know you'd like dietitian services added to your plan. Visit [www.dietitians.ca/employeehealth](http://www.dietitians.ca/employeehealth) for steps you can take to get coverage.*

## Dietitians are effective nutrition counsellors

- **Dietitians** have both the scientific knowledge and the counselling skills necessary to provide helpful food and nutrition advice
- **Dietitians** tailor nutrition advice to your unique needs and circumstances.

## A dietitian can help you:

- Eat and enjoy as many foods as possible, even if you have food allergies or restrictions
- Reduce your risk of developing a diet-related chronic disease such as diabetes
- Live a longer healthier life, if you have a chronic disease
- Get the most out of your workouts, deal with a picky eater at home, navigate the grocery store
- Improve your relationship with food
- Sort out if a diet you read about is right for you.

*To be sure you are accessing a qualified nutrition professional look for the initials RD or Pdt (DtP in French) after the health professional's name or ask if they are a registered dietitian.*

Visit [www.dietitians.ca/find](http://www.dietitians.ca/find) to locate a dietitian near you.