

KNOW MORE. CHOOSE BETTER. LIVE WELL!



Your New Benefit with Utopia WellCare

Utopia WellCare is your **new free**, virtual nutrition preventive benefit for all employees and dependents on the NBOE health plan!

Know More

Learn how nutrition impacts your energy, digestion, weight, heart health, and overall wellness.

Choose Better

Work one-on-one with our Registered Dietitians to create a personalized plan that fits your lifestyle and goals.

Live Well

Feel your best today while building nutrition practices and habits that support lifelong health.

Food as Medicine

We believe **food is medicine**. Our Registered Dietitians use a Functional Nutrition approach to help you improve your health through **personalized nutrition strategies** that address the **root causes** of symptoms and support **lasting wellness**.

- General Nutrition Support
- Weight Loss (up to 35 lbs lost on average)
- Bloating & Digestive Health and more!



Try Utopia WellCare Today!

Discover the power of food as medicine with **free appointments** and guidance from our expert Registered Dietitians.

Scan the QR code to book your first free appointment!

