

You are *(connected to)* what you eat.

Food isn't just fuel. It's a connection across your mind and body, people and even generations.



Your wellness center's registered dietitian is here to help you learn about how food shapes your life. They can show you ways to nourish your body while honoring the connections you have to food.

Our registered dietitian can help you:



Incorporate cultural food traditions into balanced, nourishing meals



Modify recipes, meal prep and more to add nutrition to your day



Teach you about intuitive eating and how to add it to your daily habits

Scioto Advantage Health & Wellness Center is here to provide care that meets your unique needs. If you need support in accessing nutritious options, our registered dietitian can also connect you with community organizations.



Schedule an appointment.

My Premise Health app | mypremisehealth.com

Who can use these services?

Nutrition services from a registered dietitian, and all virtual health coaching services, are available to all employees and their spouse and dependents on the Scioto Health Plan.