



Member training:

I'm Too Busy to Eat Healthily



February featured training

I'm Too Busy to Eat Healthily. This course covers the basics of eating well, addressing why we should do it and how we can make it work in our busy lives. It goes over myths about healthy eating and weight loss, the science behind healthy and balanced diets, and healthy meal suggestions for busy people.

Participants will:

- Understand why you should eat well.
- Learn truths and myths about 'healthy eating'.
- Understand a balanced diet.
- Receive information about foods that stress the body.
- Understand the Importance of balancing blood sugar.
- Learn simple breakfast, lunch, and evening meal ideas.

Register for a live 1-hour training session or use the on-demand option to watch the training when it's convenient for you. Training options are in English and available globally.

<p>Recorded sessions</p> <p>On demand (no Q&A)</p> <p>Watch here</p> <p>Short on time? Watch the 10-minute summary here</p>	<p>12th February</p> <p>7-8 AM CST (with Q&A)</p> <p>Register now</p>	<p>13th February</p> <p>11 AM – 12 PM CST (with Q&A)</p> <p>Register now</p>	<p>15th February</p> <p>1-2 PM CST (with Q&A)</p> <p>Register now</p>	<p>21st February</p> <p>1-2 AM CST (with Q&A)</p> <p>Register now</p>
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Space is limited for the live training session options, so advance registration is required.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest A&E. This programme is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This programme and all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Employee Assistance Programme resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

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