

FREE NUTRITION CONSULTS FOR OCHSNER EMPLOYEES

Ochsner Employee Wellness 1-Hour nutrition consult in person at Ochsner Fitness Center – Harahan:

- FREE for Ochsner part time and full time employees with OchPlus1 or OchPlus2 insurance
- Includes members on same plan
- No physician referral needed
- Client will receive their own meal plan guide book, eating well on-the-go booklet, brand specific Eat Fit shopping list and sample meal plan
- Additional follow ups are available; copay may vary
- Email nutrition@ochsner.org to schedule your appointment

Ochsner Employee Wellness 1-Hour nutrition consult Via Telemedicine:

- FREE for Ochsner part time and full time employees with OchPlus1 or OchPlus2 insurance
- Includes all members on same plan
- No physician referral needed
- Meal plan guide book, eating well on-the-go booklet, brand specific Eat Fit shopping list and sample meal plan will be emailed before appointment to review
- Client must have a smart phone or iPad/tablet (laptops or desktops are not compatible)
- Must download the free 'MyChart' app on smart device
- Virtual visit can be done anywhere in the state of Louisiana
- Additional follow ups are available; copay may vary
- Email nutrition@ochsner.org to schedule your appointment

