



Utopia Wellcare *Nutrition Consultations*



What is Utopia WellCare?

Utopia WellCare's goal is to help you develop a better overall relationship with your health via comprehensive Functional Nutrition services provided by Board Certified Registered Dietitians.

How it works

Utopia WellCare provides one on one virtual consultations with dietitians at no cost to you. Consultations are covered under preventive care through your insurance carrier and offers 6 **FREE** visits.

Utopia WellCare captures your complete patient history and health status to leverage diet and nutrition counseling to assist with your overall health and wellbeing. Not only can you take advantage of Utopia WellCare, but your dependents can also schedule a visit with one of their Board Certified Registered Dietitians.

Have questions?

- Email info@utopiawellcare.com
- Visit www.utopiawellcare.com
- Download the Utopia Wellcare mobile app

Services include:

- **Mood Regulation**
 - Depression, PMS, PMDD
- **Stress and Anxiety**
 - Brain gut imbalance
- **Body Composition**
 - Weight Loss, Build Muscle
- **Cardiovascular Issues**
 - High blood pressure, cholesterol, heart disease, low platelets etc
- **Endocrine Imbalance**
 - Diabetes, hormone resistant weight loss
- **Kidney Imbalances & Cancer**
- **Autoimmunity**
 - Lupus, Hashimoto, Psoriasis, Parkinsons
- **Allergies and Environmental exposures**
 - Mast Cell Activation
- **Gastro-Intestinal Disorders**
 - Gas, bloating constipation, IBS, IBD
 - Food-sensitivity Issues, GERD
- **And more!**