



What is the Navipoint Health Coaching Program?

To notice positive and lasting change in your well-being, your diet and lifestyle recommendations should be followed for at least 2-3 months. We know this can feel like a challenge! Our Navipoint Health Coaches are here to help.

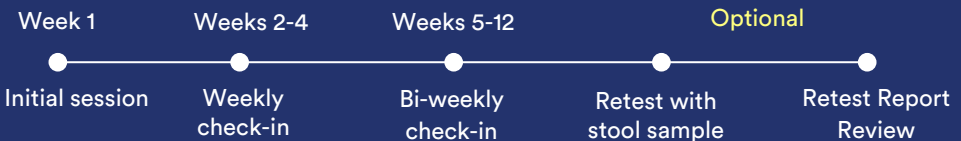
The 12-week program provides you with one-to-one support to follow your personalized diet and lifestyle recommendations. By matching you with one of our experienced Registered Dietitians, you will be well-equipped with expert tips and guidance so that you can confidently take care of your health now and years to come.

The Coaching Program helps you:

- Understand your results in the Recommendations Report
- Set manageable goals for following your diet and lifestyle recommendations
- Provide accountability to stay on-track
- Track your progress and cheer you on
- Troubleshoot challenges and answer questions along the way
- Feel confident while grocery shopping, meal planning, and cooking
- Implement healthy changes to your nutrition and exercise routine



How does it work?



How do I sign up for this?

When you purchase your test kit, let us know that you want to opt in for the health coaching program. You will be assigned a personal Health Coach who will reach out via email to you as your sample is being processed to start your coaching journey.

About the Coaches

All of our Coaches are Registered Dietitian Nutritionists with extensive experience and training in:

- Health coaching for lifestyle change
- Long-term health management
- Nutrition education and counseling
- Nutrition research

A Registered Dietitian is an expert in food and nutrition who has met the necessary academic and professional requirements.

- Earned at least a Bachelor's degree with coursework approved by the Academy of Nutrition and Dietetics' Accreditation Council for Education in Nutrition and Dietetics
- Completed an accredited, extensive supervised practice program with direct patient contact (1200+ hours)
- Passed a rigorous national registration examination administered by the Commission on Dietetic Registration
- Gain state licensure
- Continuing professional education requirements to maintain registration



**Want to know more?
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