

MyCoach for Nutrition

Nutrition plays a key role in achieving and maintaining good health – and the Benestar team are here to help you get there.

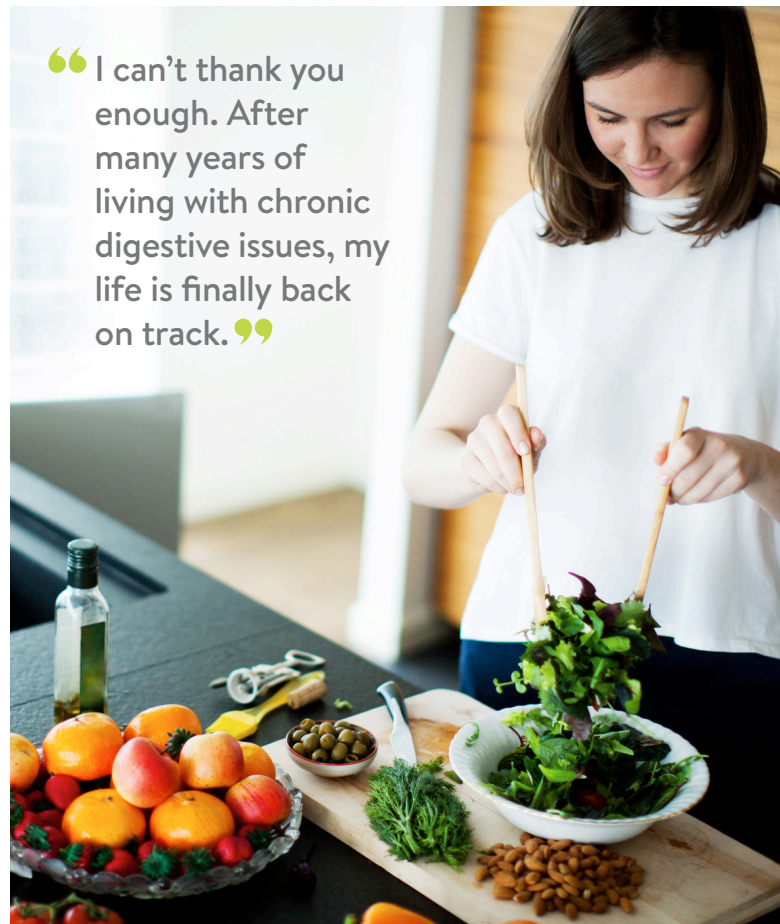
As part of your MyCoach program you have access to highly skilled, experienced and qualified coaches. Our MyCoach for Nutrition coaches are accredited, practising dietitians who have completed tertiary qualifications and provide advice, coaching and support based on scientific evidence. We can assist with information for adults and children across all nutrition related areas from weight loss and healthy eating to disease prevention and the treatment of conditions.

What kind of support can the MyCoach for Nutrition team give me?

Our nutrition coaches can assist you across a wide range of areas. These might include:

- Support and coaching for sustainable weight loss and ongoing weight management
- Guidance on managing food intolerances and allergies
- Options to manage medical conditions such as diabetes, heart disease, high cholesterol or high blood pressure
- Dealing with gastrointestinal disorders such as irritable bowel syndrome, diverticulitis or liver problems
- Improving family nutrition including helping teenagers maintain a healthy diet, and managing fussy eaters or food aversion
- Understanding the importance of good gut health and how to achieve it
- Assessing your current diet and offering guidance to achieve a healthier approach
- Ensuring you are following a diet with sufficient nutrients during times such as pregnancy, ill health or stress
- Coaching to improve your energy or performance
- Learning how to use diet to complement your exercise and activity routines

“ I can’t thank you enough. After many years of living with chronic digestive issues, my life is finally back on track. ”





“ This is the first time I have felt an eating plan will be sustainable for me. I’m not starving or feeling deprived, my knees have stopped aching, I’ve got more energy and I’ve lost 7kg! ”

How do I access the MyCoach for Nutrition team?

Just call us! Our team provide consultations via telephone and online so just give us a call or connect via LiveChat on BeneHub to get started.

How often can I get in touch with a Nutrition Coach?

Benestar Coaches are always available to help you, however in most cases we find that 2-3 sessions with your Nutrition Coach will be sufficient for most people. Our team will assess up front what is best and guide you along the way. We’re here to help you with strategies so that you can manage your health and nutrition yourself with our guidance. We’ll start with some questions that will help us to understand your background and make sure we can get you on track as quickly as possible.

Are there other resources available to me?

Benestar has a wide range of resources focused on diet and nutrition designed to help you. Your coach will provide you with relevant tools that might help as part of supporting you. In addition, if you log into our BeneHub portal or app you’ll be able to access our articles, blogs, videos, animations, podcasts and recipes – all there for you to download or have at your fingertips.

If you need a little inspiration, support or motivation to improve your health call the MyCoach for Nutrition team to get you on track. The Benestar team are here to help you be your best you.

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Benestar 
Be your best you

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