

HUSK



HUSK NUTRITION

Monroe County School District employees, spouses and dependents can meet with a HUSK Registered Dietitian for a customized one-on-one nutrition consultation covered by insurance. You can receive support in:

- Stress, Sleep, and Diet
- Mindful & Intuitive Eating
- Meal Planning Tips and Recipes
- Diabetes Management
- Disease Prevention
- And more!



Scan or click the QR Code to sign up!

AFFORDABLE

- Unlimited visits covered by your BCBS insurance.
- On another plan? HUSK is in network with many insurance carriers and will verify coverage.

INTEGRATIVE TECHNOLOGY

- Download the HUSK Nutrition app for features like:
- Goal Tracking
- Food Tracking
- Direct Messaging to your RD
- Appointment Booking

PERKS

- Download our mobile application and earn points for completing activities. You can redeem points for wellness products!

Questions? Contact: info@huskwellness.com