



Registered Dietitians with a focus on Functional Nutrition

Utopia WellCare takes a functional medicine approach with each patient, documenting the individual's health history and issues impacting their overall health.

We offer one-on-one counseling, group sessions, challenges, and many more engaging programs. Utopia WellCare makes it easy for people to get trusted advice on how to best manage and treat the health issues impacting their body and mind so they can feel their best and get more out of life!

Programs



Nutrition Appointments

If weight loss isn't your primary goal, this is the choice for you! Your dietitian can provide healthy eating advice, help resolve G.I. issues, reverse or reduce chronic conditions, and more. Whatever your health needs are, your dietitian will guide you on the path to success.



Ultimate Weight-Loss Program

If you are looking for real weight-loss results that last, this is the path for you. Participants typically lose 15-35 pounds, and are left with long-lasting knowledge and healthy habits!

This program is six bi-weekly appointments stretched over 12 weeks and includes a meal and exercise plan. Your Registered Dietitian will guide and help you through this journey while providing unique and tailored advice specific to you.

Those Who Benefit from Seeing a Registered Dietitian

Wonder what a dietitian can offer? Here are some common reasons for individuals to seek advice from a Registered Dietitian:

- Meal Planning
- Life Longevity
- Mood Regulation
- Allergies & Environmental Exposures
- Stress & Anxiety Help
- Body Composition
- Cardiovascular Issues
- Endocrine Imbalances
- Kidney Health
- Cancer
- Autoimmunity Diseases
- Gastro-Intestinal Disorders

And more! Didn't see a reason that pertained to you? Book an appointment and see how functional nutrition can help you and your family uniquely get healthy.

This Service is **No-Cost** with your insurance plan!

Utopia WellCare is a part of your preventative benefits meaning you and your dependents on your insurance plan receive **three to six** free yearly appointments! Utilize your **no-cost** benefit today by scheduling an appointment with the QR code above or URL link below.