



**Member training:**

## **I'm Too Busy To Eat Healthy**



### **February featured training**

**I'm Too Busy To Eat Healthy.** This course covers the basics of eating well, addressing why we should do it and how we can make it work in our busy lives. It goes over myths about healthy eating and weight loss, the science behind healthy and balanced diets, and healthy meal suggestions for busy people.

#### Learning Points

- Learn the importance of eating well in all circumstances
- Discuss truths and myths about healthy eating
- Discuss the components of a balanced diet
- Learn information about foods that stress the body
- Learn the importance of balancing blood sugar
- Introduce simple breakfast, lunch, and evening meal ideas

Register for a live 1-hour training session or use the on-demand option to watch the training when it's convenient for you. Training options are in English and available globally.

<b>Recorded</b>	<b>11<sup>th</sup> February</b>	<b>11<sup>th</sup> February</b>	<b>13<sup>th</sup> February</b>	<b>13<sup>th</sup></b>
-----------------	---------------------------------	---------------------------------	---------------------------------	------------------------

<p><b>sessions</b></p> <p>On demand (no Q&amp;A)</p> <p><a href="#"><u>Watch here</u></a></p> <p><b>Short on time?</b></p> <p>Watch the 10-minute summary <a href="#"><u>here</u></a></p>	<p>1-2 AM Central Standard Time (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p>7-8 AM Central Standard Time (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p>11AM-12PM Central Standard Time (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p><b>February</b></p> <p>1-2 PM Central Standard Time (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>
---	---	---	--	--

**Space is limited for the live training session options, so advance registration is required.**

This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest A&E. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Emotional Wellbeing Solutions resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

© 2024 Optum, Inc. All rights reserved. Optum is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names are trademarks or registered marks of the property of their respective owners. Optum is an equal opportunity employer.