

The NCMS Plan

Nutritional Counseling



The NCMS Plan has partnered with **Total Nutrition Technology (TNT)** to provide members with personalized nutrition resources. TNT's comprehensive approach starts with an interview and assessment, followed by a custom-built nutrition plan and exercise guidelines to fit each member's lifestyle and dietary objectives.

The following TNT services* provided by Registered Dietitians are **100% covered** for all NCMS Plan members:

- Accountability and motivational support
- On-site skill-building workshops
- Grocery store tours
- In-home pantry makeovers

Members may also receive a resting metabolic rate (RMR) assessment for a \$15 fee. This non-invasive procedure takes 10 minutes and gives immediate and accurate results on how to further customize their plan.

To get started on your practice's wellness journey, visit www.ncmsplan.com/practice-wellness/nutrition-counseling.

*Available services vary by region.



practice wellness

Healthy People. Healthy Practice.