
KGA WEIGHT MANAGEMENT SERVICESSM

The EAP offers a variety of services that might be helpful to you around the management of your weight. All of the services are covered by your company's benefits and are confidential.

The EAP may...

- Connect you with a counselor to talk over your concerns about your weight.
- Provide helpful information or web sites to assist with your evaluation of diets.
- Help you identify areas where you can make changes towards a healthier lifestyle.
- Provide you with a consultation with a nutritionist who can help you evaluate weight management options.
- Help with research, consultation, and referral to outside programs and services for healthy eating and general fitness. These may include referrals to programs sponsored by your health plan or employer.
- Provide a free copy of a book and/or article on weight management, readiness to change, or other health and nutrition issues.
- Provide a free consultation with a fitness professional.
- Provide an assessment and referral to eating disorder specialists as well as information about books and other resources dealing with eating disorders.

Contact the EAP at any time at 800-648-9557 or email us at info@kgreer.com

KGA, INC.

IMPROVING EMPLOYEE AND MANAGER PERFORMANCE

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