

INTRODUCING COOPER® TOTAL HEALTH

VIRTUAL NUTRITION & WELLNESS

Spend time with our Cooper Clinic Nutrition experts in the comfort and convenience of your home, office or on the road with Cooper® Total Health. Whether it's dealing with a specific health concern, losing weight, developing healthier eating habits, nutritional supplement evaluations and recommendations, or learning about the latest in nutrition trends or research, Cooper® Total Health offers face-to-face nutrition and wellness guidance on your computer, tablet or smartphone.

COOPER® TOTAL HEALTH FEATURES

- Communicate with your dietitian via secure, HIPAA compliant one-on-one videoconferencing and messaging
- Track your food intake and reflect on your food choices
- Set and maintain goals for yourself
- Record key metrics as established by you and your dietitian
- View upcoming appointments and receive email reminders
- Upload and share documents—such as nutrition handouts and food diaries—between you and your dietitian

More Information:

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Cooper Clinic™
Preventive Medicine
A COOPER AEROBICS COMPANY