

# Reset & Rebalance

## YOUR BLOOD SUGAR

Summerfield's new, interactive online program explores all the dynamic factors which influence blood glucose levels. You will reset your nutrition knowledge and rebalance your health behaviors, empowered with skills to become the healthy person you envision.

### PROGRAM DETAILS

This program helps people with diabetes, pre-diabetes, insulin resistance, and anyone interested in learning the fundamental education around supporting the entire body for optimal blood sugar balance.

The abundance of solutions takes you beyond traditional carb counting and inspires you each week by incorporating simple changes that support your long-term health.

Partner with a Registered Dietitian (RD) who will support you through the new changes and customize each week's lesson to your life and goals.

Comprehensive workbook with resources including recipes, reference guides, worksheets, and meal-planning tools.

**CLASSES BEGIN THE WEEK OF FEB 4**

### Online Class Schedule

Tuesdays at 4 pm ET | 1 pm PT or  
Thursdays at 12 pm | 9 am ET



[CLICK HERE TO  
LEARN MORE  
AND REGISTER](#)

**Nutrition services are available at NO COST through IQVIA's Aetna plan. Employees and their dependents are eligible for 26 visits/year covered 100%!**

Summerfield accepts Aetna, BCBS, Cigna, UHC, UMR, and out-of-pocket.