UtopiaWellCare

Helping jumpstart your journey towards healthier living

Virtual Registered Dietitians with a Focus on Functional Nutrition

At Utopia WellCare, our dietitians take a functional medicine approach—looking at your full health history to understand the root causes of your symptoms. We offer one-on-one counseling, meal planning, wellness challenges, and more to support lasting change.
Our goal is to provide trusted, personalized guidance that helps you feel your best, physically & mentally.

Programs

Nutrition Appointments

In this appointment, your dietitian provides personalized meal guidance to support healthy eating, digestive health, and chronic condition management using a functional nutrition approach.

Ultimate Weight-Loss Program

Ready for real results? This 12-week program combines six bi-weekly appointments with personalized meal and exercise plans. Most participants **lose 15–35 pounds** and gain sustainable habits for long-term success. Your registered dietitian will guide you every step of the way with expert, individualized support.

Digestive Health & Inflammation Support

Dealing with bloating, IBS, food sensitivities, or chronic inflammation? Your dietitian will help pinpoint triggers and build a personalized plan to support gut health, reduce inflammation, and rebalance your microbiome so you can feel your best.

Those Who Benefit from Seeing a Registered Dietitian

Wonder what a dietitian can offer? Here are some common reasons for individuals to seek advice from a Registered Dietitian:

- Meal Planning
- Life Longevity
- Mood Regulation
- Allergies & Environmental Exposures
- Stress & Anxiety Help
- Body Composition
- Cardiovascular Issues
- Endocrine Imbalances
- Kidney Health
- Cancer
- Autoimmunity Disease
- Gastro-Intestinal Disorders

And more! Didn't see a reason that pertained to you? Book an appointment and see how functional nutrition can help you and your family uniquely get healthy.

This Virtual Service is Free Through your Health Plan!

Utopia WellCare is included in your company's preventive benefits. You and your covered dependents receive **six free virtual appointments** each year. Take advantage of your benefit today by scanning the QR code above or visiting our website below to schedule!