



**Member training:**

**I’m Too Busy to Eat Healthily**

**February featured training**

**I’m Too Busy to Eat Healthily.** This course covers the basics of eating well, addressing why we should do it and how we can make it work in our busy lives. It goes over myths about healthy eating and weight loss, the science behind healthy and balanced diets, and offers healthy meal suggestions for busy people.

**Participants will:**

* Learn why you should eat well.
* Learn truths and myths about ‘healthy eating’.
* Learn about balanced diets.
* Receive information about foods that stress the body.
* Learn about the importance of balancing blood sugar.
* Discover some simple breakfast, lunch, and evening meal ideas.

Register for a live, one-hour training session or use the on-demand option to watch the training session when it’s convenient for you. The training session options are in English and are available globally.

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| **Recorded sessions**On demand(no Q&A)**[Watch here](https://optum.webex.com/webappng/sites/optum/recording/df3539c67b35103cbfff005056815555/playback)****Short of time?**Watch the 10-minute summary  **[here](https://optum.webex.com/webappng/sites/optum/recording/a067f4af7a6a103cbfbc005056817703/playback)** | **12th February**1-2 PM GMT(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27KY000000TN3uYAG) | **13th February**5-6 PM GMT(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27KY000000TN3zYAG) | **15th February**7-8 PM GMT(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27KY000000TN44YAG) | **21st February**7-8 AM GMT(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27KY000000TN49YAG) |

**Spaces for the live training session options are limited, so advance registration is required.**

**Get started**

This programme should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States or go to the nearest A&E. This programme is not a substitute for care provided by a doctor or other professional. Due to the potential for a conflict of interests, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g. their employer or health insurance plan). This programme and all its components, in particular services to family members under the age of 16, might not be available in all locations and are subject to change without prior notice. The experience and/or educational levels of the Employee Assistance Programme resources may vary based on contractual or country-specific regulatory requirements. Coverage exclusions and limitations may apply.

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