

HyVee[®]

health

wellness and nutrition services



dietitian services

Prices vary for all dietitian services.

Supermarket Tours

Join your local Hy-Vee dietitian to learn how to read food labels and discover new food choices. The tour can focus on health concerns such as diabetes, weight management, heart health, quick meal ideas, diabetes, sports nutrition or stretching your food dollars. Call to schedule your complimentary tour or watch for announcements on upcoming group tours.

Medical Nutrition Therapy

With referral from a physician, your Hy-Vee dietitian will meet with you individually to develop a personalized plan with achievable goals to address your nutrition-related concerns.

Hy-Vee Begin Program

Begin is a 10-week healthy lifestyle and weight management program that includes:

- 1 initial visit with biometric screening
- 7 group or individual sessions
- 1 follow-up session including measurements
- 1 final visit with biometric screening

Hy-Vee Begin 4 Kids

Begin 4 kids is a 4-week lifestyle management program with an emphasis on food groups, activity and eating for good health.

Community and Worksite

Wellness Services

Our Health and Wellness Team will come to your business or organization to conduct cooking classes, teach the Begin program, provide health screenings, offer immunization clinics, or present a nutrition topic designed for your group's interests.

Wellness Workshops

Contact your local Hy-Vee dietitian for additional services including:

- Kids' nutrition events
- Food experiences in the aisles
- Cooking classes
- Health fairs



meal solutions

hy-vee.com/meal-solutions

Recipes

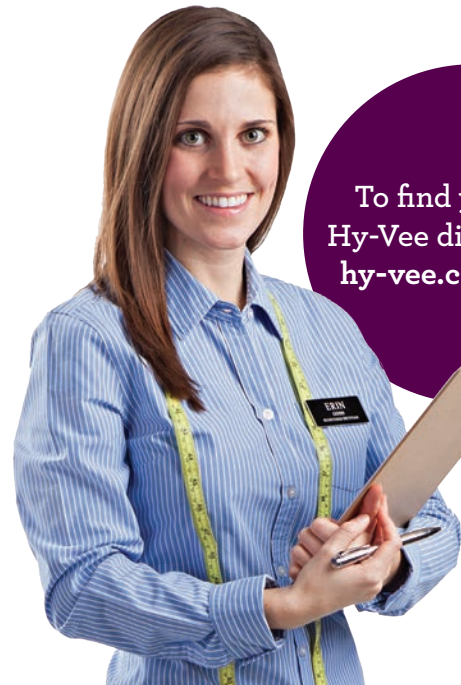
Browse our extensive library of recipes, from appetizers and veggies to main dishes!

Weekly Menus

Plan your week with delicious meal ideas for all ages, diets and lifestyles.

Plan Your Meals Online

Sign up for a My Hy-Vee account and build a shopping list using our suggested menus and recipes. Click print and you're ready to shop!



To find your local
Hy-Vee dietitian visit
hy-vee.com/health

pharmacy services

Prices vary for all pharmacy services.

Medication Therapy Reviews

Our pharmacy is ready to help you understand what your medication is, what it's used for and why it was prescribed to you.

\$4 generic prescriptions

With a deep commitment towards the health and wellness of our customers, Hy-Vee is pleased to offer generic prescriptions for just \$4 for a 30-day supply and only \$10 for a 90-day supply.

Immunizations

Our Pharmacist can now provide flu shots and other immunizations for you and your family.

Hy-Vee Quit for Good

Support is readily available to help you stop smoking and stay smoke-free for life.

In-services on Health Topics

Our Health and Wellness Team will come to your business or organization to conduct informational presentations on a variety of prepared topics or present a nutrition topic designed for your group's interests.

Local Delivery and Mail Out



pharmacy tools

Pharmacy Express Refills

With express refills, it's quick and simple to refill, transfer or check the status of an online prescription. No account login required.

Hy-Vee Rx Mobile App

Refill your prescription with ease. You can either enter your prescription number, or you can scan the barcode on your prescription to get your next refill.

Repeat Refills

Have your prescription ready to go each month automatically. Ask your pharmacy how.

Automatic Notification

You can sign up to get a text call or email notifying you when your prescription is ready.

health resources

hy-vee.com/health

HealthyBites Newsletter

Receive nutrition tips, recipes and upcoming events. Sign up at hy-vee.com today!

Online Registration

Register for your upcoming Hy-Vee event online at www.hy-vee.com. See a calendar of events on your local Hy-Vee webpage.

healthmarket

- Natural and organic foods
- Gluten-Free options
- Super grains
- Sports nutrition products
- Vegan and vegetarian options
- Bulk foods and spices
- Vitamins and minerals

Hy-Vee accepts all major prescription insurance plans.



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