

UCSD Healthy Eating & Living Program Registration Form

To Register

Please complete all pages of this Registration form. Mail to the UCSD Healthy Eating & Living Program, 3855 Health Sciences Drive #0901, La Jolla, CA 92093-0901, along with your check. Upon receipt of the completed forms with payment, program staff will contact you to get started. Contact us if you have questions or need more information (858-822-6790 or healthyeating@ucsd.edu).

Contact Information

Name: _____ Gender (circle): M F Date of Birth: _____

Address (Street): _____

Address (City, State, Zip Code): _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Email: _____ Fax: _____ Is it OK to call at work yes no

Preferred contact time range _____ Preferred phone (circle one): home work cell

Services

Circle Those Requested

Dietary Analysis with Mailed Report & Consultation 2 calls (20-30 min/call) First call with Dietary Assessor to record your dietary intake Second call with Dietary Counselor to discuss results Includes mailed report with detailed analysis	\$95
Personalized One-on-One Counseling (4-Call Package) 4 calls with Dietary Counselor (30-40 min/call) in a month Educational materials & self-monitoring tools	\$350
Personalized One-on-One Counseling (8-Call Package) 8 counseling calls (30-40 min/call) in 3 months Educational materials & self-monitoring tools	\$595
Comprehensive Program (Personalized Counseling + Detailed Dietary Analysis) 2 calls (20-30 min/call), including mailed reports with detailed analysis (at beginning and end of program to measure change) 9 counseling calls (30-40 min/call) in 3-4 months Educational materials & self-monitoring tools Food for Thought—Healing Foods to Savor (“more than a cookbook”)	\$750
Sub-Total	\$_____
UCSD Employee Discount (Employee Number _____)	-\$20.00
Total Enclosed	\$_____

Payment in full must accompany registration. Please do not send cash with mailed registration. Make checks payable to UC Regents and write on “memo” line Healthy Eating Program.