Do you know how much Nicain and Vitamin B-12 you should be getting each day? Probably not. Chances are, you probably don’t even know what they do for your body, so why would you pay attention to how much you’re intaking each day?

Nutrition is one of the most important topics, yet most of us know so little about proper nutrition for our bodies. If you want to live a longer and healthier life, dedicate a little time each week to learning about proper nutrition by participating in a lifestyle management program. Eligible individuals may participate in:

- Nutrition Basics
- Nutrition & You

These programs will teach you about the current nutritional guidelines and how to incorporate heart-healthy foods into your diet.

To enroll in a wellness program, go to totalrewards.rochester.edu

*Enroll on the Well-U Enrollment Page
** Enroll on the Inward Office Enrollment Page

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