

HIGH POINT UNIVERSITY

Employee Wellness



Employee Wellness is pleased to provide on-campus dietitian services to our employees. Once a month, Sara Swindell, MS, RD/RDN, LDN will be available to counsel HPU employees; this service is open to all HPU employees. Sara is available to advise on all aspects of nutrition from weight issues to chronic health problems such as diabetes, high blood pressure, and high cholesterol.

Service is by appointment only and will meet in the Employee Wellness Center; to schedule an appointment, contact Sara directly at saracswindell@gmail.com or 336.404.3802.

COST

- For employees who are on the HPU medical plan, Nutrition counseling is covered
- \$75 per hour for employees who are not on the HPU medical plan.
- If applicable, payment can be made in the form of cash or credit card at the time of the appointment.