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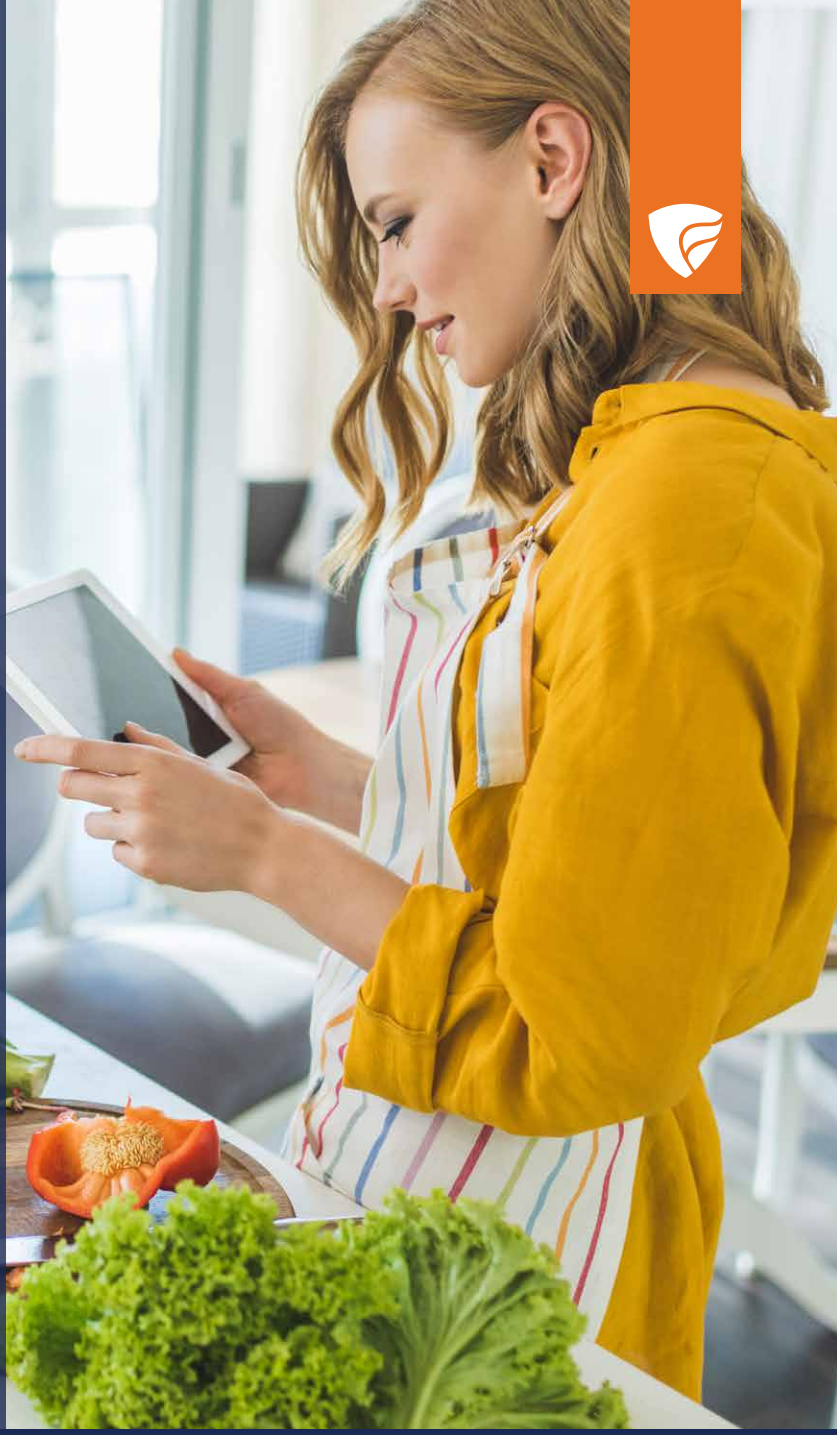
Nutrition Benefits



Your Regency for Expats International Health Insurance provides access to:

Nutrition Advice

"LIVELIFE
Eat well, live well"

This benefit provides Regency for Expats International Health Insurance members with access to Regency's team of nutritionists. Through tele/video conferences, members can consult Regency's nutrition professionals and receive information, advice and meal plans aimed at helping them achieve a healthy balanced diet.

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Achieve your health goals

- INCREASE ENERGY
- IMPROVE SLEEP
- LOSE WEIGHT
- REDUCE RISK OF DISEASE
- FEEL YOUNGER
- IMPROVE SKIN COMPLEXION
- BOOST IMMUNE SYSTEM
- IMPROVE DIGESTION
- HELP REDUCE CANCER RISK
- IMPROVE CIRCULATION
- STRENGTHEN BONES

"LIVELIFE HEALTHY"

Information & advice is not intended to be understood as putting forth any cure for any type of acute or chronic health problem. Preventive care is not a guaranteed outcome. You should always consult with a competent, fully licensed medical professional when making any decisions regarding your health.

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Regency for Expats Nutrition Benefit

Regency for Expats, a Regency Assurance company, is a long term licensed insurance company. Access to Regency's nutrition professionals is provided to International Health Insurance members under the Major Medical, Standard, Comprehensive and Fully Comprehensive plans, and nutrition benefits are only available to existing members with a valid international health insurance certificate of insurance and is subject to the standard terms, conditions, definitions, exclusions and warranties of the international health insurance policy wording.

Regency for Expats Nutrition Benefit is available to International Health Insurance members and provides access to Regency's nutrition professionals remotely via tele/video conferencing for nutrition consultations, advice and the provision of personalised plans aimed at achieving nutrition goals.

HOW TO ACCESS

Members wishing to access Regency for Expats Nutrition Benefit should contact our Global Assistance Centre.
Email: **claims@regency-ga.com**

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