

## ALWAYS ATTENTIVE TO YOUR NEEDS

Laurentian Bank is pleased to offer you even more privileges by providing you access for one year to **Nutritional Coaching** at no additional cost.

Feel free to take advantage of this new benefit. Enjoy!

<sup>TM</sup> Trademark of Laurentian Bank of Canada.

\* Trademark of Visa International Service Association and used under licence.

1. Some terms and conditions apply. This limited-time offer is subject to change without notice.

The offer applies only to the credit cardholder for any new enrollment to the **Assur-Payment<sup>TM</sup>** protection between January 1 and April 30, 2022. The cardholder will be automatically enrolled at no extra cost in Nutritional Coaching for one (1) year while enrolled in the **Assur-Payment<sup>TM</sup>** protection. The protection will take effect on the date of enrollment or the date on the card carrier, whichever comes later. Subject to **Assur-Payment<sup>TM</sup>** eligibility approval by the insurer. Please review the terms and conditions applicable to the **Assur-Payment<sup>TM</sup>** protection on the summary of the insurance product and the insurance certificate available, as the case may be, either at a branch or online at [laurentianbank.ca](http://laurentianbank.ca).

2. Offered by Homewood Health, Inc.

3. Some terms and conditions apply. **Assur-Payment<sup>TM</sup>** protection for Laurentian Bank Visa cards is issued by the Industrial Alliance Insurance and Financial Services inc. To be eligible, you must be aged 18 to 64 inclusively at the date of application, live in Canada and hold a Visa account in good standing. A monthly fee of \$0.97 per \$100 of monthly balance used applies. Subject to change. For more details, refer to the summary of the insurance product and the insurance certificate available, as the case may be, either at a branch or online at [laurentianbank.ca](http://laurentianbank.ca).

Coaching\_mtl\_AM (12/2021)

## YOUR QUICK REFERENCE CARD TO CUT OUT AND SAVE IN YOUR WALLET

General information about the **Assur-Payment<sup>TM</sup>** program

**1-800-252-1846**

[laurentianbank.ca/assurpayment](http://laurentianbank.ca/assurpayment)

Industrial Alliance insurance claims:

**1-800-361-6002**

**LOST OR STOLEN VISA CARD**

24/7 Service

Montreal : **514-284-7570**

Canada and the U.S.: **1-800-263-8980** (toll-free)

OFFER  
FOR  
**1 YEAR<sup>1</sup>**

**ASSUR-PAYMENT<sup>TM</sup>**

# NUTRITIONAL COACHING



LAURENTIAN  
BANK

## NUTRITIONAL COACHING OFFERED FOR ONE YEAR<sup>1</sup> WITH ASSUR-PAYMENT™

LIMITED-TIME  
OFFER

Enjoying food is one of life's great pleasures, but it can be quite a challenge at the same time. It can become an issue if we aren't careful. For a limited time, Nutritional Coaching<sup>2</sup> is offered for one year at no additional cost to Laurentian Bank Visa\* cardholders who enroll in the *Assur-Payment*<sup>TM3</sup> program.

### EAT RIGHT AND FEEL GREAT!

- › **Struggling with your weight?** Losing weight and keeping it off may mean changing what you eat. Provincially registered dietitians provide up-to-date, evidence-informed nutrition information to help you maintain a consistent approach to weight loss.
- › **Need to eat a more heart-healthy diet?** It's a fact that a heart-healthy diet can help prevent heart disease. The dietitians work with you to develop a personalized food plan.
- › **Want to boost your energy levels?** Making simple changes to your diet can increase your energy and help you feel better. We can help you develop a nutrition plan that can be easily integrated into your lifestyle.
- › **Have special dietary needs?** Sometimes we need to develop specialized diets to avoid problems (e.g. high cholesterol, Type 2 diabetes, lactose and food intolerances, irritable bowel syndrome). Working with a dietitian makes planning the right diet easier.

### One call is all it takes to get started.

Homewood Health coaching services empower you with information and support to ensure nutritional plans are easily integrated into your lifestyle. We make it simple to get started and guide you step-by-step. A two-step service:

1. An agent from Homewood Health's Client Services Centre will ask you a few questions to make sure you receive the customized service that will be most helpful.
2. A dietitian will assess your dietary needs, develop a personalized diet, and provide nutritional information as well as practical advice and coaching, all by phone.

The coaching services can help you eat healthy, lose weight, and build your energy and disease resistance.

Achieving your health and wellness goals is easier than ever.

### PROFESSIONAL SERVICE

**We guarantee the privacy of your personal information.** Homewood Health is a well-established and trusted company that offers its clients the best support possible, in full confidentiality, to the extent permitted by law.

### VARIOUS COUNSELLING OPTIONS

**Counselling that suits your lifestyle.** Counselling services can be provided over the phone, through video, or online, at no cost to the user. Homewood Health has offices throughout the country and appointments are quickly made for the time that's right for you. Have any preferences as to the time and place of your appointment? Homewood Health will do its best to meet your needs.

### YOUR QUICK REFERENCE CARD TO CUT OUT AND SAVE IN YOUR WALLET

#### HOMEWOOD HEALTH

Coaching | Counselling | Support  
Confidential services  
Available any time



#### HOMEWOOD HEALTH ASSISTANCE SERVICES

**1-833-375-0271**

Indicate the Laurentian Bank *Assur-Payment*<sup>TM</sup> program followed by your last and first names, or simply provide your unique identifier, formed by the last seven digits of your credit card number: