

MEETINGS WITH THE DIETITIAN AND PSYCHOLOGIST

NEW! WHEN to schedule: Your birthday will now serve as reminder to schedule these meetings. Please schedule your meetings **within 30 days of your birthday, or within 60 days of signing up for the program.**

HOW to schedule:

- **Nutrition Consult** with Dept Dietitian (ONE meeting each year): Contact Rana Parker at N4246@lapd.online or call BSS at 213-486-0790. Meetings are typically conducted remotely via Teams, or can be done by phone or in-person. Plan on 15-30 minutes meeting time; time can be extended if desired.
- **Health Nudge** with BSS Psychologist (ONE meeting each year): Contact BSS at 213-486-0790, or you may contact an individual psychologist directly to schedule. Meetings are typically done remotely via phone or Teams, but can be done in-person. Plan on 15-30 minutes meeting time; time can be extended if desired.