



NuVantageSM
Employee Resource

Your free and confidential resource for work-life wellness

What you eat can affect your mood and energy

Stay vibrant and healthy:

Visit our Wellness portal to find out how food can impact your mood.

Search "Nutrition" > Health and Wellness



Lead a better life!

Your free and confidential resource available
24 hours a day, 7 days a week.

800.577.4727

www.NuVantage.org | nuvantage@lssmn.org

Online wellness portal password: wellness



**Lutheran
Social Service**
of Minnesota

Provides NuVantage Employee
Resource as a service