



NUTRITION EDUCATION FOR HEALTHIER EMPLOYEES

Improve employee well-being, productivity, and reduce your healthcare costs.

One-on-one counseling • Group presentations • Online nutrition education

Workplace Wellness Programs Are A Dime A Dozen

- ✓ Do you need a way to jumpstart employee productivity?
- ✓ Are you looking for a wellness program that offers actionable nutrition advice?
- ✓ Is finding a nutritional plan that's easy to follow harder than locating a needle in a haystack?
- ✓ Do your employees need transformation?



- ✔ Would you invest in a program that gets PROVEN results?
 - ✔ Are you tired of paying high healthcare costs?
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"Great 12 week program. I have learned many useful items to use in my everyday life. I am more aware of labels and less ingredients the better. Going out to eat more aware of the menu and making better choices everyday. I feel better and seem to be sleeping better too! It was very helpful through the holidays! I would make sure my plate was made up of veggies and greens! If you buy anything look at the label!"

- Teresa Baumes, Workplace Wellness Program Participant

Our Workplace Wellness Programs Work For Real People. As of March 2019:

- ✔ 11,700 employees or customers transformed.
- ✔ \$1,567,800 healthcare dollars saved.
- ✔ 35% average increase in employee productivity.
- ✔ Drive employee productivity.
- ✔ Increase employee quality of life.
- ✔ Save your organization money.
- ✔ Attract the right people to your organization.

"Overall, this program was informative. But I think the most informative was mindful eating. I need to enjoy eating again. My biggest success is: my A1C

a year ago was 10.8, now it is down to 7.5 - not perfect but a heck of a lot better. That's my goal. Losing 5 pounds was also a bonus."

- Andrea Simmons, Workplace Wellness Program Participant

Online Nutrition Education

(\$3 per employee per month)

- ✓ The leading workplace wellness program that helps employees achieve healthier and more productive lives, especially through a better diet.
- ✓ An advanced online nutrition education video series.
- ✓ Includes:
 - ✓ 12 Monthly Workplace Wellness videos
 - ✓ 12 Weekly Weight-Loss videos
 - ✓ Bi Weekly Healthy Food Morsels (available at additional cost)

Onsite & Virtual Visit With A Registered Dietitian (\$175)

- ✓ A registered dietitian will come to your workplace to meet one-on-one with employees for private nutrition counseling.
- ✓ A registered dietitian(s) will attend your employee health fairs, biometric screenings, etc., to help your employees understand their numbers and the role that diet can play in improving them.
- ✓ Customized virtual nutritional counseling with a registered dietitian via Healthie secure video app, which is HIPAA-compliant.
- ✓ Cost/custom quote