



**Wellness
Coaches™**

Onsite Nutrition Counseling

A **No Cost** preventive benefit covered under most health insurance plans.

Our coaches **help all employees connect what they eat and how they feel** and will support their efforts to **make lasting improvements**.



Impact of Nutrition Counseling

The key ingredient of any wellness program that aims to:

- Improve well-being
- Reduce health risks
- Increase productivity
- Lower absenteeism
- Contain medical costs

Our onsite **nutrition counseling services** can help employees:

- Manage weight; eat better
- Treat and prevent diabetes
- Lower blood pressure and cholesterol
- Improve heart health

100% Performance Guarantee

- Deliver a high-quality, No Cost service that will generate results
- Non-disruptive; integrate seamlessly in the workplace
- Assure Coaches are credentialed as in-network providers
- Responsible for health plan contracting and billing

Our **Unique** Onsite Nutrition Services

Our Nutrition Coaches are a team of highly trained Registered Dietitians who deliver evidence-based solutions that help employees navigate the complex food choices they face and the impact those choices have on their overall well-being.

Traditional Nutrition Services



Wellness Coaches' Onsite Solution

Patchwork network of offsite providers and physician offices, hospitals and clinics

Onsite in the workplace, integrated with all other available resources and benefits

Requires employees to go to provider; leaving work or on nights/weekends

Provider comes to employees; All providers consistently trained on coaching methodology

Appointment based, inconvenient, and difficult to find approved providers; resulting in very low utilization

On-demand, flexible, convenient; delivering high employee utilization and engagement