

Wellness Program



NUTRITION
FACTORS

*Hidden Treasures
found in fresh-raw food*

*The
HEALTHY
EFFECT*

Coach on Demand



Engage & Connect

80% Nutrition
20% Workout

Wellness Platform for

NUTRITION

*Eating Healthy is Easy...
if you have the right tools!*

WELLNESSES



ON
RS

An Affordable Wellness Program

Lower Your Costs

Healthcare costs are high enough, and a wellness program shouldn't cost an additional arm and a leg to keep member participants healthy and on the job. Now, you can get started with our All-in-One, Nutrition Factors Wellness Platform.

The Cost of Illness to an Employer

The Centers for Disease Control and Prevention (CDC) reports that "productivity loss linked to absenteeism costs employers \$225.8 billion annually in the United States or \$1,685 per employee per year. The known culprits are chronic disease, fatigue, aging workforce, obesity, stress and depression, of which all affect the employer's revenue."¹

Benefits of Working with Nutrition Factors

By partnering with Nutrition Factors, your employees/members will receive expert wellness and nutrition tools. If participants need additional help getting their health back on track, they can connect with an affiliated health coach and get the support they need through an HIPAA compliant secure web portal. You can be the bridge to help participants make healthy lifestyle choices, increasing their wellness and lowering healthcare costs.



¹ <https://www.cdcfoundation.org/pr/2015/worker-illness-and-injury-costs-us-employers-225-billion-annually>

Services & Features

What We Offer

An All-in-One Nutrition & Wellness Platform

Built on Sound Nutrition and Lifestyle Principles

HEALTHY LIVING TOOLS

- Recipe Database with Nutrition Label
- 7 Day Menu Planner
- Shopping List
- Weekly Meal Plans from a Dietitian
- Kitchen Makeover
- Healthy Product Store
- Meal Prep Guide

WEIGHT CONTROL

- GRID DIET
- Step by Step Guide to Weight Loss
- Complete Lifestyle Protein Assessments

WEARABLES & TRACKER

- Virtual Personal Trainer
- Fitness APP-over 2000 Exercises
- Activity Tracker *
- Body Composition Monitor *
- Connect with your Personal Coach
- Food Tracker

CONNECT & ENGAGE

- Webinars
- Blog Posts
- Weekly Newsletters
- Educational Videos
- Health Tips
- Motivational Challenges

COACHING

- Onsite or Online Coaching using the Nutrition Factors Nutrition Platform **
- HIPAA Compliant Telehealth Portal
- Tracker
- Instant Billing

EDUCATION DATABASE

- Nutrition Factors Library
- Cutting Edge Content

* sold separately
** price based on services rendered



Get Started Today!



NUTRITION
FACTORS

Nutrition Factors™

www.nutritionfactors.com

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How can Nutrition Factors Offer a Wellness Platform at a Fraction of the Cost?

Nutrition Factors provides an innovative, back-end support system to Dietitians, Nutritionists, Personal Trainers and other Health-Care Providers. With this foundation, the platform becomes the perfect wellness program for your company, employees and members. We bring together a community of service providers and individuals seeking personalized coaching. Referrals are an important part of Nutrition Factors' business pipeline.

We help Provider/Coach Partners build their private practices as they deliver personalized care to participants. It's a win-win for employers, employees, members, coaches and Nutrition Factors.

What Participants Receive:



PERSONALIZED WEBPORTAL: A personalized portal to add recipes, plan menus, create a shopping list, and use the GRID DIET weight loss program. The individual portal keeps the Nutrition Factors tools organized and easily accessible. Connect to a Coach via a Secure Telehealth Webportal.



WORKOUT APP and FOOD TRACKER: Access to 2,000 PLUS exercises! With this indispensable Nutrition Factors feature, employees can connect to a coach or design their own individualized workout plan tailored to meet their needs and lifestyle. Learn how to do exercises correctly from a virtual workout buddy. This tool also includes a Food Tracker, which makes sticking to your Grid Lifestyle plan even easier!



GRID DIET: An easy-to-use, simple and balanced meal planner and weight loss program. Each grid is structured in a grid pattern and is easily adaptable to individual food preferences. Even better, the majority of Grid recipes are compatible with other major diet plans. Got dietary restrictions? No problem. The grid recipe database is loaded with vegetarian, gluten free, dairy free and other food choices to meet the food demands of individuals with allergies, food preferences, and food intolerances. Developed by a Registered Dietitian exclusively for Nutrition Factors.



RECIPE DATABASE: Access to thousands of recipes that easily integrate into a personalized Grid Diet menu plan. Upload, organize, save, and share your own recipes to your own personal recipe grid and send to a menu plan and shopping list.



MEAL PLANS: Done-for-you menu plans. Import a Pre-filled Grid and Menu Planner Designed By a Dietitian. We have thoughtfully selected foods and recipes for you, so all you have to do is simply import your whole weekly menu and follow it. Balanced meals are at your fingertips. Finally, you'll always have the answer to the daunting question "What's for dinner?"



NUTRITION FACTORS LIBRARY: Over 1,000 pages of Nutrition Facts. Learn everything there is to know about the health benefits of Fruits and Vegetables as well as get to know your Vitamins and Minerals! Our extensive Library is packed with fun food facts!



NEWSLETTER: Connection to the most current exercise and nutritional information. We are constantly expanding our tasty recipes, blogs, and exercise routines to feed your appetite for a better life. The changes you have been longing for are right at your fingertips. With your free account newsletter, you will receive our weekly-member-only special offers.



CONNECT-A-COACH: A nutrition and wellness platform that can be utilized as a stand-alone system for participants or as a platform to connect to a health coach for personalized attention. Additional coaching fees apply. Contact a coach for pricing.



HEALTH FAIRS and SEMINARS: Coach sponsored onsite, customized Health Fairs. Additional fees may apply. Contact coach for pricing.