



# NUTRITION<sup>TM</sup> FACTORS

Employee Wellness  
Program

# Employee Wellness Program

The *Nutrition Factors Employee Wellness Program* helps organizations with workplace wellness incentives to give employees access to meal planning, fitness training, and continuous wellness education as well as a connection to our community of Dietitians, Nutritionists, Health Coaches, Fitness Trainers, Holistic and Wellness Providers.

Programs are overseen by a Employee Wellness Health Coach assigned to assist in program setup, employee wellness training, and potential one-on-one Coaching Sessions.

*Key Features Include:*

## **Nutrition and Meal Planning**

- 7 Day GRID Meal Planner
- Database of Prepared Meal Plans
- Recipe Database
- Weekly Meal Plans
- Meal Prep Guide
- Shopping List and Grocer Links
- Nutrition Factors Library
- CDC Diabetes Prevention Program

## **GRID Gym Fitness App**

- Online Coaching for Individualized Workout Plans
- Virtual Personal Trainer w/ over 4500 Exercises
- Activity Tracker
- Body Composition Monitor

## **Connect-a-Coach**

- Connect to Personal Health Coach
- Initial Health Assessment
- 30-min Weekly Coaching Sessions
- Meal Planning
- Workout Planning

# Benefits of Healthy Employees

*Keep employees healthy and productive with an interactive wellness program.*

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.”

## Five Reasons Employee Wellness is worth the investment

1. Healthy, active employees incur lower health costs and decreases absenteeism
2. Employees who take advantage of wellness are more productive
3. Physically active employees are healthier
4. Wellness programs inspire important behavior changes
5. Small business owners may be able to take advantage of tax incentives for workplace wellness programs

[1] <https://health.gov/news/blog/2017/05/five-reasons-employee-wellness-is-worth-the-investment/>



# CDC Diabetes Prevention Program

*How does Type 2 diabetes affect work performance? Diabetes Is Costly.*

Type 2 diabetes affects millions of individuals and their families, workplaces, and the U.S. health care system. People diagnosed with diabetes incur on average \$16,750 annually in medical expenses. That's about 2.3 times the medical expenses of a person without diabetes. [2]

In 2017, the total cost of care for people with diagnosed diabetes was \$327 billion with **\$90 billion attributed to reduced productivity**. [3] In recent years, more employers have become proactive in establishing wellness programs designed to minimize future costs and concerns associated with this preventable disease.

Nutrition Factors is proud to qualify to deliver the CDC Diabetes Prevention Program [DPP] to your employees.



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[2] <https://www.cdc.gov/diabetes/prevention/about-prediabetes.html>

[3] <http://www.diabetes.org/advocacy/news-events/cost-of-diabetes.html>



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# Nutrition and Meal Planning



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# 7 Day GRID Meal Planner

*Build and prepare meal plans that you will love!*

With Nutrition Factors, employees gain access to an easy-to-use **7 Day GRID Meal Planner** managed by your Wellness Coach. The platform is uniquely adaptable, allowing the employee or the coach the ability to effortlessly pick and choose the right meals per your needs. Import new recipes or tap into our global database of prepared meal plans.



## ***GRID Layout***

Visualize the nutrition and dietary outline of each day through our grid-patterned layout. The 7 Day GRID Meal Planner makes it easy to recognize the strengths and weaknesses of each day, allowing employees an easy way to balance the weekly meal plan.



## ***Recipe Database***

Access thousands of recipes that easily integrate into your meal plan. Upload, organize, save, and share your own recipes to your own personal recipe database. Recipes can be sent to a meal plan and uploaded into a shopping list.



## ***Shopping List and Grocer Links***

Export weekly meal plan as an itemized shopping list to make meal prep easier. Shopping Lists can also be uploaded into your favorite Grocer's website for store pick-up or delivery.

# Global Database of Meal Plans

*Tap into our evergrowing database of Meal Plans prepared by our community of nutrition experts.*

Search, browse, and import meal plans specific to your clients dietary needs. With a large selection of prepared meals at your fingertips, you'll always have the answer to the question, "What's for dinner?"

The image features a woman in a dark blazer smiling, positioned on the right side. In front of her are three devices displaying the Nutrition Factors website interface:

- Desktop Monitor:** Shows a woman with blonde hair and glasses looking at a laptop. The laptop screen displays a promotional banner for "LOSE WEIGHT with the Grid Diet™" featuring a woman's midsection and the text "THE BEST ESSENTIAL OILS ON THE PLANET".
- Laptop:** Displays the "Nutrition Facts Online Library" with a grid of food items including Apples, Apricots, Artichokes, Asparagus, Avocado, Banana, Beans-Dried, Beans-Fresh, Beets, Blackberries, Blueberries, Broccoli, Brussels Sprouts, Cabbage, Cantaloupes, and Carrot.
- Tablet:** Displays a "Choose a Recipe Database:" section with a grid of various food images.

The Nutrition Factors logo is visible in the bottom right corner of the laptop screen.



# Nutrition Factors Library

*Explore the hidden treasures found in wholesome foods, vitamins, and minerals.*

Your clients can explore over 1,000 pages of nutrition about the health benefits of fruits and vegetables, vitamins and minerals, and the glycemic index.

Take advantage of a continual stream of new content of webinars, blog posts, newsletters, classes and courses.



## ***Coaching Partner Resource Library***

Rely on our library of coaching and client resources to get your coaching business running with the Nutrition Factors platform. Resources include editable coaching forms, guided assessments along, and training videos for coaches and clients.



## ***Classes and Courses***

In need of coaching guides to use during classes or courses? Gain access to the CDC Guide for Pre-Diabetes Prevention Program or use the *Step-by-Step Coaching Guide* and *Meal Prep Guide* to teach best practices to your client base.





A photograph of two women in a gym, both in a starting crouch. They are facing each other and giving a high-five. The woman on the left has blonde hair in a ponytail and is wearing an orange tank top. The woman on the right has dark hair in a ponytail and is wearing a white tank top. The background shows gym equipment and large windows. The entire image has a green color overlay.

# GRID Gym App

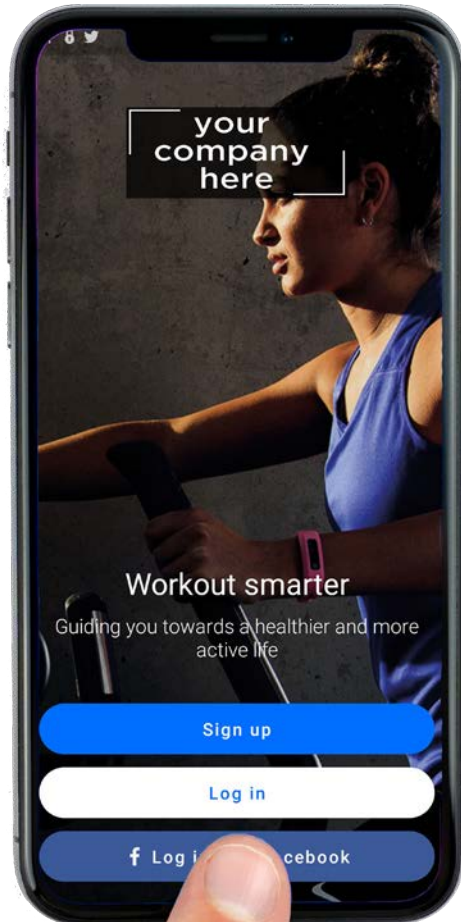


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# You Company's Branded GRID Gym App

## *Online Coaching App for Individualized Workouts*

The **GRID Gym App** enables you to provide employees with virtual and online coaching, making it easy to workout anywhere, anytime. Employees and Coaches can create individualized workout plans tailored to meet their needs and lifestyle while tracking progress using real-time data. All on the go.



### ***Virtual Personal Trainer***

Access to over 4,500 exercises!  
Learn how to do exercises correctly from a virtual workout buddy. Use our database with thousands of 3D-animated exercises to create workouts for every type of goal.



### ***Connect with Wearables***

Leverage the integration with wearable activity trackers or a body composition monitor that tracks body weight, body fat, body water, muscle mass and visceral fat.

# Connect-a-Coach



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# Connecting Employees to Coaches

*Connect-a-Coach* connects Nutrition Factors Coaches to your employees.

The Connect-a-Coach Membership includes an initial health assessment, 30-minute weekly coaching sessions, access to 7 Day GRID Meal Planner and GRID Gym App, and video trainings on how to personalize meal and workout plans.

This membership is designed for employees who need help getting started or want additional guidance and ongoing help to maintain a healthy lifestyle. Maintaining a healthy weight and life balance can be tricky. Connect-a-Coach can help.

*Connect-a-Coach Key Features Include:*

## **Personal Online Coaching**

- Health Assessment
- 30-minute weekly coaching sessions
- Telehealth Video Chat

## **Nutrition and Meal Planning**

- 7 Day GRID Meal Planner
- Database of Prepared Meal Plans
- Recipe Database
- Shopping List and Grocer Links
- Meal Prep Guide

## **Fitness and Activity Plan**

- NF Grid GYM Fitness App
- Virtual Personal Trainer with over 4000 exercises



A photograph of a laptop screen displaying the Nutrition Factors website. The website has a dark header with a logo on the left and navigation links: GRID DIET, RECIPES, GYM, LIBRARY, COURSES, BLOG, and SIGN-UP. Below the header is a large graphic of the Nutrition Factors logo, which consists of a grid of colored squares. The word 'Costs' is written in large white letters over this graphic. At the bottom of the screen, there is a yellow banner with text that is partially visible: 'Nutrition Factors is a Nutrition and Wellness platform developed by...'. The laptop is a MacBook Pro, and a person's hands are visible at the bottom, typing on the keyboard. The entire image has a green tint.

# Costs



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# Employee Wellness Program Cost

*Nutrition Factors offers flexible solutions for every corporate wellness need.*

Design your Employee Wellness Program to fit your company's needs. From nutrition and fitness to coaching support, quickly and easily design a solution that is right for your employees

Purchase only what your employees need to succeed.

<i># of Members</i>	<i>Base Price / mo.</i>	<i>+ Per Member / mo.</i>
1-300	\$99.99	\$1.99
301-500	\$129.99	\$1.79
501-1000	\$149.99	\$1.59
1000-2500	\$199.99	\$1.29
2500 +	Contact Nutrition Factors	

\* \$299.99 Initial Setup Fee

\* \$69.99 Per Additional Coaching Portal

# Branded GRID Gym App (Add-on)

*Expand into fitness with the GRID Gym App.*

The Nutrition Factors GRID Gym App has a variable cost structure based on the number of total users and coaches. Total fees include an initial setup fee and monthly base cost for the app.

<i># of Members</i>	<i># of Coaches</i>	<i>Base Price / mo.</i>	<i>+ Per Member / mo.</i>
1-300	1	\$399	\$1.33
301-500	5	\$499	\$0.99
501-1000	10	\$599	\$0.59
1000-2500	20	\$699	\$0.27
2500 +	Contact Nutrition Factors		

\* \$599.99 Initial Setup Fee

\* \$99.99 Annual App Store Fee



*found in fresh-raw food*

The  
**HEALTHY**  
EFFECT

*Coach on Demand*



*Engage & Connect*

**Questions?**

Contact us at  
[manager@nutritionfactors.com](mailto:manager@nutritionfactors.com)

*80% Nutrition  
20% Workout*

*Wellness Platform*

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