

ONSITE NUTRITION COUNSELING SERVICES

A huge leap forward in workplace wellness.

Did you know the cost of our Nutrition Counseling services are covered under most health plans?



Well known as the leading national provider of onsite coaching services, Wellness Coaches is now expanding our onsite capabilities to include reimbursable Nutrition Counseling services. These services are “covered benefits” under most health plans and widely recognized as a critical and cost-effective solution for the large portion of the population that is at risk for poor health and chronic disease.

Our Nutrition Counseling includes: (1) general Nutrition Counseling to help people achieve optimal well-being, (2) Medical Nutrition Therapy (MNT) to resolve nutrition related illness and chronic disease, and (3) pre-diabetes and diabetes education. In most cases, these services are available at **no cost**.

Our Nutrition Coaches are a team of highly trained Registered Dietitians, Certified Diabetes Educators, and other qualified nutrition professionals. All have satisfied the rigorous licensing requirements of their discipline, been credentialed by various health insurance providers, and trained by us to deliver coaching services directly to employees in the workplace.



The Traditional Model

The most commonly utilized venues to deliver nutrition related services today include physician or provider offices, hospitals, clinics, nursing homes, etc. This approach requires people to come to the provider, making access to these nutrition services inconvenient and inflexible. As a result, reaching the large population of people who would benefit from nutrition services has not been possible.

Our New Onsite Solution

However, there is one delivery venue that does offer the opportunity to satisfy the vast unmet need for nutrition services. That venue is onsite in the workplace! This is our business and we do it better than anyone. Wellness Coaches has mastered the complex logistics necessary to effectively deliver coaching services in the workplace. To extend our reach beyond the workplace we offer a host of Telehealth and technology capabilities.

Our Nutrition Counseling Can Help Everyone

Virtually everyone can benefit from a coach to help them address poor nutrition and risky lifestyle behaviors, as well as improve their well-being and quality of life. We have customized our Nutrition Counseling services to accommodate everyone, from those in need of making small changes, to those who may require more intense, specialized condition or disease management coaching.



If your employees would benefit from help in any of the following areas, then our Nutrition Counseling services are right for your company:

- General Health Concerns (nutrition, exercise, sleep, stress)
- Weight Management (overweight/obesity)
- Pregnancy, Lactation, Osteoporosis, Anemia
- Celiac Disease, Cirrhosis, Crohn's Disease, IBS
- Pre-Diabetes and Diabetes
- High Blood Pressure, Cardiovascular Disease
- Pulmonary Disease, COPD
- Allergies

Benefits of Nutrition Counseling for Employers

- *Maximize utilization of your covered insurance benefits*
- *Manage costly lifestyle behaviors and disease conditions*
- *Reduce absenteeism*
- *Decrease workplace injuries*
- *Improve employee retention and engagement*
- *Contribute to a culture of well-being*
- *Increase productivity and vitality in the workplace*



On-site connections. Out-of-sight results.™

We believe everyone wants to be healthy. We also know it's not easy for people to accomplish this on their own. Most will need one-on-one professional care and support along the way.

That's where we come in.



“118 over 74. The pressure’s off!”

After working with my coach for only 3 months on my diet and exercise habits, I was able lower my blood pressure from 160/95 to 118/74. I'm off the meds and have never felt better! I can't even begin to thank my coach enough.



“I lost 83 pounds—I got my life back!”

I was obese for a long time, but with the support of my coach over the past 8 months, I lost 83 pounds. It has changed my life in a way I didn't believe possible. I have more energy and feel healthier than I have in 30 years. Thank you!



“I fought diabetes—and won!”

I was diagnosed with Type 2 diabetes. My coach helped me develop personalized meal and exercise plans that got me back into the pre-diabetic range. A1C is way down and more improvements are on the way. My coach is the best!

A Trusted Onsite Provider

For over 15 years, our time-tested model, powered by our operational, training and delivery methodologies, has consistently produced industry leading employee engagement and health risk improvement outcomes. We currently coach 250,000 employees at over 500 employer locations in 35 states. We service virtually every industry and employers of all sizes, from small local companies to some of the largest in the world.



Group Nutrition Services

Our interactive group coaching sessions and workshops are also **Covered Benefits** under many insurance plans. Group sessions are available on a wide variety of engaging topics to meet your unique needs including:

- General Nutrition
- Dietary Guidelines
- Holiday Eating
- Gluten Free Diets
- Managing Diabetes
- Sports Nutrition
- Food Labels
- Take Out Eating
- Healthy Cooking

Telehealth, Technology & Integration

To further support and enhance utilization of our Nutrition Counseling services, we can also integrate our coaches with our technology capabilities. These include our Telehealth coaching platform, web portal, App and data analytics software. Our coaches also actively promote and refer employees to all other existing health resources provided by the employer or other 3rd parties.

Because no two businesses are the same.

Contact us, and we will develop a customized plan to help you maximize employee utilization of your highly impactful and critically important health insurance covered nutrition benefits.

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