



NUTRITION
IN MOTION

WORKSITE WELLNESS

GENERAL PROPOSAL

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GENERAL PROPOSAL – Program Options

Nutrition in Motion’s Worksite Wellness Programs reduce the risk of chronic disease and improve quality of life by promoting behavior change around healthy eating habits, the benefits of physical activity and stress management, thus reducing the cost of absenteeism and lost productivity. Nutrition in Motion (NIM) offers comprehensive data-driven services on-site or online to maximize involvement and minimize downtime. On-site programs are available in select locations.

Customized Programs

Nutrition in Motion works with each employer to customize a program to meet the unique needs of their workplace. All programs have the capacity to be offered for small, medium and large size business environments, multi-site businesses as well as the changing needs of a remote or shift-scheduled workforce. Programs can include a customized combination of the following:

- Biometric screening
- Health risk assessment
- Nutrition and wellness classes and courses
- One-on-one meetings with Registered Dietitian
- Aggregate outcomes reporting
- Employee incentive tracking

On-site, Online and Hybrid Programs

On-site programs offer courses with a classroom experience and in-person meetings with a Registered Dietitian. Online programs utilize an online education platform for course content and include one-on-one customization via HIPPA compliant video conferencing. Hybrid program options are also available which combine on-site and online formats for classes and one-on-one counseling.

On-site only programs are available within a 60-mile radius of the following US cities. This list is growing rapidly, contact Nutrition in Motion for additional details.

Colorado

Broomfield, CO
Littleton, CO

Florida

Fort Lauderdale, FL
Miami, FL
Palm Beach Gardens, FL
Plantation, FL
Port St. Lucie, FL

Maine

Portland, ME

Massachusetts

Boston, MA
Haverhill, MA
North Andover, MA
Reading, MA
South Hadley, MA

Missouri

Wentzville, MO

New Hampshire

Amherst, NH
Bedford, NH
Concord, NH

New Hampshire (Cont.)

Derry, NH
Dover, NH
Durham, NH
Keene, NH
Manchester, NH
Nashua, NH
Portsmouth, NH

New Jersey

Egg Harbor Township, NJ

North Dakota

West Fargo, ND

Ohio

Cincinnati, OH
Cleveland, OH
Huber Heights, OH

Rhode Island

Wakefield, RI

Texas

Houston, TX
Round Rock, TX

Virginia

Reston, VA



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Biometric Screening and Health Risk Assessment

Identifying risk is step one in a healthy employee population. Offering on-site biometric screenings and online health assessments can increase participation and data collection to assess the health risk of your employees. Our Registered Dietitians will motivate and counsel employees on lifestyle changes to improve their results. Test results are provided in real time and include:

- Fasting Blood Sugar
- Lipid Panel
 - Total Cholesterol
 - High Density Lipoprotein (HDL)
 - Low Density Lipoprotein (LDL)
 - Triglycerides
- Blood pressure
- BMI
- Waist circumference
- Hemoglobin A1C (*additional charge*)
- Nicotine (*additional charge*)

Alternative screening options available for employers and/or employees who choose not to offer/participate in screenings on-site, for example LabCorps screening voucher or physician form (cost may vary).

Health risk assessment available as a stand-alone service for groups not participating in on-site biometric screening.

Nutrition and Wellness Classes

Lunch & Learn nutrition classes are designed to be both entertaining and interactive, resulting in high quality learning retention. As Licensed Registered Dietitians, we translate the science of nutrition into applicable, comprehensible information. We not only help people learn the difference between fact and fiction but motivate them to incorporate the facts into daily life (see included list of topics). Classes are available both on-site and online.

Nutrition and Wellness Courses

Eat Well and Thrive – 8-Week Lifestyle Change Course

Eat Well and Thrive is a comprehensive and effective course to help participants make permanent lifestyle changes. We encourage, educate, and support your employees and, by extension their family, to make healthy nutrition, exercise and lifestyle choices. These learned skills help to improve quality of life, increase productivity, and reduce medical costs. This course is available both on-site and online.

Eat Well and Thrive Part Two – 6-Week Course

Eat Well and Thrive Part Two builds on participants' existing knowledge of how to make permanent lifestyle changes. We will dispel many of the rumors regarding what to eat and what not to eat and teach participants how to keep you and your family healthy. This course includes virtual grocery store tours, quick and easy meal planning techniques, recipe sampling, and more! This course is available both on-site and online.



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Nutrition and Wellness Courses (Cont.)

Diabetes Prevention – 8-Week Course

Diabetes Prevention is dedicated to understanding diabetes and pre-diabetes inclusive of prevention, management and treatment of the disease. Each week of the course alternates online class content and resources with on-site OR online one-on-one meetings with a Registered Dietitian to maximize understanding and implementation of lifestyle changes. The goal of this course is *prevention*, employees do not need to have diabetes to participate. This course is available both on-site and online.

Meal Planning Series – 4-Week Course

The *Meal Planning Series* helps create meal planning strategies that fit every lifestyle. Employees will learn how to create manageable meal planning habits to stock a healthy kitchen and plan for success. This course includes 4 online classes and 30-day access to online meal planning platform. This course is available both on-site and online.

Cognitive Behavior Change Courses

All programs employ an evidence-based cognitive behavioral training process derived from cognitive behavioral therapy (CBT) to create lasting behavioral change. These lifestyle and disease management courses are not merely about education. They are designed to eliminate tough-to-break habits at the core, creating lasting behavior change through a step-by-step cognitive behavioral training process that literally reconfigures the mindset and emotional context from which participants operate. Course topics include smoking cessation, stress management, diabetes management, sleep, exercise and food. Courses are offered online.

One-on-One Nutritional Counseling

The importance of one-on-one nutritional counseling cannot be underestimated. It is here that we gather information regarding each individual's family history and personal risk factors. We are also able to identify obstacles for success based on social, cultural, psychological, and economic constraints. After a complete review of this information including lab values (when available) we are able to create a customized nutrition plan. One-on-one counseling is included in the structure of all nutrition and wellness courses and may also be added as a stand-alone service.

Note: One-on-one counseling is covered by most major insurance carriers.

Aggregate Outcomes Reporting

Aggregate employee data is available for programs of 25 employees or more offering health assessment and/or biometric screenings as a component of their wellness program. Employers receive aggregate screening and/or health assessment data to assess the health risk of their employee population and make informed decisions about wellness programs moving forward. Employers offering nutrition and wellness courses may also receive data comparing the participating employee population to the non-participating population to assess the efficacy of behavior change programs on reduction of chronic disease risk.

Incentive Tracking

Data is only as good as what you do with it. Studies show that incentives tied to wellness activities can increase participation by up to 65%. Include incentive tracking in any program to promote engagement in your wellness program and maximize opportunities to reach the highest risk employees who are driving annual healthcare increases based on risk and health plan usage.



WORKSITE WELLNESS GENERAL PROPOSAL - Classes

Fad Diets

Is it healthy or is it just a fad? The internet has amplified our diet culture with weight loss solutions and eating trends that range from all extremes of the diet spectrum. From carnivore to vegan, high carb to low carb, and everything in between. This class will address some of the most recent diet trends through their merits and shortfalls to help you understand the science and spot a fad diet when you see one.

Eating for Optimal Performance

This class offers a little something for everyone. Whether you are a new athlete, training for an event, or just looking to balance your energy for everyday life, this is the class for you. Understanding how to fuel for your day will help create sustainable energy and avoid the afternoon slump or crash after quick energy drinks or bars.

Willpower

Willpower is like a muscle; it must be exercised regularly, and its strength can be depleted throughout the day. Although it seems easy to choose the apple instead of the cookie if you “just set your mind to it” and exercise willpower, research has shown that it is much more complicated than that. Stop beating yourself up for not having the willpower to make healthy decisions and join us to learn more about understanding and strengthening your willpower muscle.

Grocery Store Tour: Shopping the Perimeter

This class takes you on a virtual tour of the perimeter of the grocery store and covers topics related to our fresh and refrigerated foods. Learn the meaning of free-range, grass-fed, cage-free and when it is best to choose organic.

Grocery Store Tour: Surviving the Inside

The inside of the grocery store can be a scary place. Shelf-stable, packaged food items contain additives and preservatives and items not pictured on the front of the package. This class will help you identify which foods are safe, should be consumed in moderation, or avoided completely so you can survive the inside.

Meal Planning 101

Planning for your meals looks different for everyone. Learn how to make meal planning a part of your routine and create a plan for healthy eating that fits your life.

Myths and Facts of Healthy Eating

What is gluten? Are eggs good or bad for you? We will separate fact from fiction and discuss common misconceptions about foods and ingredients. We'll also learn what to look for when comparing products and identify key food additives to avoid.

Meal Planning and Calorie Density

Do you struggle with a weight loss plan that leaves you hungry all the time? The key is understanding calorie density. This class will help you plan meals that will not only satisfy your appetite but your health and weight goals too!

We are constantly adding to our list of classes. Ask about a topic that's important to you!



WORKSITE WELLNESS GENERAL PROPOSAL – Pricing

Nutrition and Wellness On-Site*

Eat Well and Thrive – 8-Week Lifestyle Change Course (3 one-on-one sessions)

With insurance coverage:

Minimum 30 participants..... **Free (with insurance)**

Without insurance coverage:

Minimum 30 participants.....\$180/participant

Eat Well and Thrive Part Two – 6-Week Lifestyle Change Course (2 one-on-one sessions)

With insurance coverage:

Minimum 30 participants..... **Free (with insurance)**

Without insurance coverage:

Minimum 30 participants.....\$120/participant

Diabetes Prevention – 8-Week Lifestyle Change Course (4 one-on-one sessions)

With insurance coverage:

Minimum 30 participants..... **Free (with insurance)**

Without insurance coverage:

Minimum 30 participants.....\$240/participant

Meal Planning Series – 4-Week Series (2 one-on-one sessions)

With insurance coverage:

Minimum 30 participants..... **Free (with insurance)**

Without insurance coverage:

Minimum 30 participants.....\$120/participant

Additional Options

Lunch and Learn Classes (lunch not included)

Price per lunch and learn classes (No minimum participation)\$350 each

Package of four lunch and Learn classes\$300 each

One-on-One Nutritional Counseling

With insurance coverage (Minimum 10 participants)..... **Free (with insurance)**

RD on-site for 8hr work day\$960/day

****On-site programs available in select states. Pricing and minimum participation may vary based on location and coverage. Contact Nutrition in Motion for pre-authorization and pricing for your group.***



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WORKSITE WELLNESS GENERAL PROPOSAL – Pricing

Nutrition and Wellness Online**

Eat Well and Thrive – 8-Week Lifestyle Change Course (8 online classes)

Cost\$8/participant

Eat Well and Thrive Part Two – 6-Week Lifestyle Change Course (6 online classes)

Cost\$6/participant

Diabetes Prevention – 8-Week Lifestyle Change Course (4 online classes)

Cost\$4/participant

Meal Planning Series – 4-Week Series (4 online classes)

Cost\$4/participant

Additional Options

One-on-One Meetings – (Tele-health)

With insurance coverage..... **Free (with insurance)**

Without insurance coverage.....\$60/30-minute meeting

Lunch and Learn Classes – (Webinar)

Price per lunch and learn classes (No minimum participation)\$250 each

Package of four lunch and Learn classes\$200 each

Cognitive Behavior Change Programs

Cost\$100/participant

Biometrics, Outcomes and Incentive Tracking

Biometric Screening (or lab voucher)

Fasting blood sugar, lipid panel, blood pressure, BMI, waist circumference.....\$45/participant

A1C.....\$15/participant

Nicotine.....\$15/participant

Physician form in-lieu of biometric screening.....\$5/participant

Outcomes and Incentive Tracking

Resource portal and outcomes tracking.....\$4/participant

Resource portal, outcomes tracking and incentive tracking by activity.....\$8/participant

Resource portal, outcomes tracking and incentive tracking by activity and goal.....\$16/participant

*****Pricing and availability may vary by location and insurance coverage. Contact Nutrition in Motion for pricing for your group.***



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