

Build Your Customized Wellness Program With Nutrition in Motion

Customized to fit your budget, your timeline and your scheduling needs!

Stand-Alone Services*

Nutrition in Motion Registered Dietitians specialize in behavior change and motivational interviewing. Their number one goal is to help employees understand their health and give them tools they can apply to prevent or manage chronic disease.

Stand-alone services include:

- Lunch and Learn Classes*
- One-on-one meetings with a Registered Dietitian*

Multi-Week Programs*

Our multi-week programs combine group education with individual customization through one-on-one meetings with a Registered Dietitian. We provide valuable general knowledge in the classes then work with each individual to customize that information to their unique goals, challenges and health risk factors. We work with employers to identify which of our established programs will fit the needs of their group or create a customized program.

Annual Outcomes and Incentive Tracking

Our a-la-carte pricing model allows groups to add biometric screening, outcomes tracking and incentive management to any combination of services. We can customize a program to meet budget, time and scheduling needs while delivering and tracking outcomes.



NUTRITION
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www.NIMRD.com

***In most cases one-on-ones are covered by insurance. Program fees can be waived if provided in conjunction with a minimum participation and 2 one-on-ones with the Registered Dietitian.**

***Available on-site, online or hybrid**

Contact us at rd@nimrd.com to get started!

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Stand-Alone Services*

Lunch and Learn Class	\$350 per class (\$250/class online)
Lunch and Learn Class Series (4)	\$300 per class (\$200/class online)
One-on-Ones with Registered Dietitian (RD)	\$60 per visit*

Multi-Week Programs*

Eat Well and Thrive (8 weeks)	\$1,200
Eat Well and Thrive II (6 weeks)	\$900
Diabetes Prevention (4 weeks)	\$800
Meal Planning Series (4 weeks)	\$800

On-site classes available depending on location

Annual Outcomes and Incentive Tracking

Includes web portal access and biometric data collection	Starting at: \$9 per employee per year
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