

# Nutrition

by Wellness Coach

## Elevate Employee Wellness with Nutrition by Wellness Coach



**Nutrition Made Simple:** Track Meals, gain insights, and boost your health with Nutrition by Wellness Coach

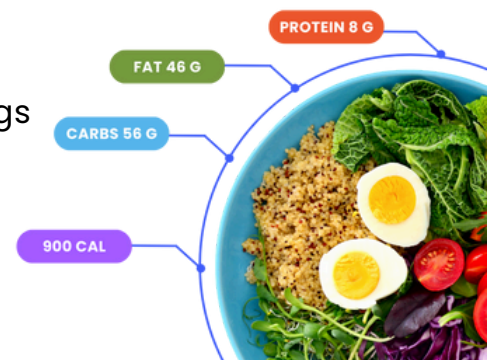
- ✓ Introducing **Nutrition by Wellness Coach**, our cutting-edge feature designed to inspire healthier eating habits and empower employees to make lasting changes on their wellness journey.

### How it works:

- **Personalized Nutrition Goals:** By answering a few quick questions, employees receive customized daily calorie, macronutrient, and micronutrient recommendations to support healthy eating habits. They can also add GLP-1 usage or recent blood test results for deeper insights, with the option to set specific goals like "build muscle," "boost vitamin intake," and more.
- **Effortless Meal Tracking:** Meals are logged with a quick photo, providing instant nutritional insights.
- **Progress Tracking:** Each meal updates daily progress, supporting lasting, healthy habits.

### Additional capabilities:

- **Personalized Tips from the AI Coach:** Receive meal plans, recipes, and insights tailored to your needs.
- **Flexible Meal Logging:** Log meals anytime, even without a photo.
- **Portion Adjustments:** Adjust meal entries for partial servings or extra portions.
- **Customized Display:** Select the most relevant macros or micros to display on your home screen.



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## ✓ Why Nutrition Matters

With rising health challenges like obesity, diabetes, and heart disease, personalized nutrition is essential for sustainable wellness. Nutrition by Wellness Coach provides real-time insights that support healthier habits and long-term health—complemented by our 6-month and 12-month weight management programs for lasting results.

## Support Beyond the Plate

- **24/7 AI Coach**

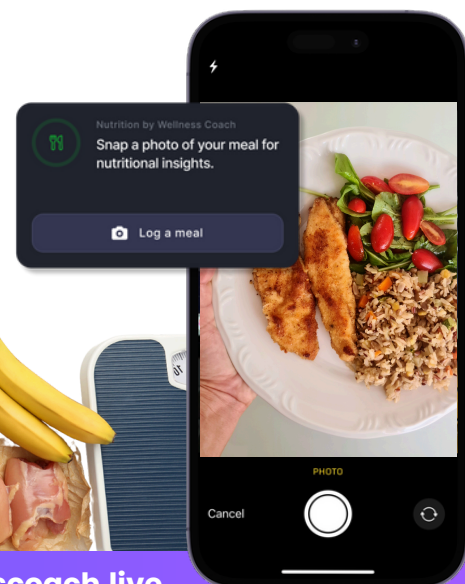
Our AI Coach offers an always-available chat interface for healthier eating guidance. It provides personalized meal plans, tailored recommendations, and practical tips to help users make informed choices and stay aligned with their nutrition goals.

- **1-on-1 Nutrition Coach**

For employees that want to take their nutrition to the next level they can book a 1:1 coaching session with our certified nutrition coaches. Tracked nutrition data is seamlessly shared with the coach, allowing for personalized guidance, motivation, and accountability to enhance the user's nutrition journey.

## Ready to Elevate Your Employee Wellness Program?

[Book a Demo](#)



Need more information please contact [sales@wellnesscoach.live](mailto:sales@wellnesscoach.live)

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## Real-Life Cases: How Nutrition by Wellness Coach Can Help

### Promoting Employee Wellness

Nutrition by Wellness Coach promotes employee wellness, reduces absenteeism, and boosts productivity. By supporting goals like weight loss and strength building through personalized coaching, this feature empowers employees to reach health milestones, fostering a more engaged and resilient workforce.

#### Case 1: Work with a Coach for Weight Loss

Essential meal tracking offers insights into calories, macros, and portion sizes. Coaches use this data to deliver personalized advice and support, enabling healthy, sustainable weight loss.

#### Case 2: Work with a Coach for Gaining Strength

Meal tracking ensures employees hit protein and nutrient targets for muscle growth. Coaches develop personalized plans and guide progress, enhancing strength-building efforts.

### Pharmacy, Insurance Provider, or Individual Taking GLP-1

For individuals on GLP-1 who want to improve eating habits and reduce dependency on medication, Nutrition by Wellness Coach offers complete support. With meal tracking and real-time insights, users better understand balanced eating. The AI Coach provides meals and recipes tailored to specific calorie goals, while personalized coaching offers gradual habit-building strategies. Together, these tools empower users to develop sustainable eating patterns that support long-term wellness.



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## Real-Life Cases: For Insurance Providers

Nutrition by Wellness Coach equips healthcare companies and insurers with a powerful tool to reduce costs linked to chronic conditions like diabetes and high cholesterol. By providing personalized nutrition insights, it promotes healthier choices, preventing costly complications and hospitalizations while enhancing overall health outcomes.

### Supporting Someone with Diabetes

#### 1. Personalized Nutrition Goals

Answer a few questions to receive tailored daily targets for calories, carbs, protein, and essential micronutrients—helping balance macros and stabilize blood sugar levels.

#### 2. Effortless Meal Tracking

Log meals quickly with a photo to get instant insights into calories and nutrients, aiding real-time choices and preventing blood sugar spikes.

#### 3. Customized Nutrition Display

Feature key nutrients like carbs and fiber on your home screen to monitor and adjust intake affecting blood sugar levels.

#### 4. AI Coach for Extra Guidance

Access the 24/7 AI Coach for diabetes-friendly meal plans, low-sugar recipes, and personalized support by asking specific questions.

#### 5. Real-Time 1-on-1 Nutrition Coaching

Share meal data with certified nutrition coaches for real-time consultations, providing extra accountability and personalized advice.

### Supporting Someone Managing High Cholesterol

#### 1. Personalized Nutrition Targets

Answer a few questions to set daily goals for calories, fiber, fats, and essential nutrients—helping you manage cholesterol and improve heart health.

#### 2. Effortless Meal Tracking

Snap a photo to log meals instantly and get insights into calorie, fat, and fiber content, supporting heart-healthy choices throughout the day.

#### 3. Customized Nutrient Display

Highlight key nutrients like fiber, saturated fat, and unsaturated fat on your home screen to easily monitor and adjust intake for cholesterol management.

#### 4. AI Coach for Heart-Healthy Guidance

Access the 24/7 AI Coach for low-cholesterol meal plans, heart-healthy recipes, and support on making food swaps to improve cholesterol levels.

#### 5. Real-Time 1-on-1 Nutrition Coaching

Share your meal data with certified nutrition coaches for personalized consultations, offering guidance and accountability to stay on track with your cholesterol goals.

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