



# Nutrition Counseling

Unlock a healthier workforce with our Nutrition Counseling program, led by expert Registered Dietitians. Our evidence-based approach reduces chronic disease risks and empowers employees with lasting dietary and lifestyle changes. By investing in our proven program, you're not just promoting wellness—you're driving long-term, positive health outcomes for employees.

## Service Overview



### Trusted Providers

- Licensed Registered Dietitians
- Mental Health First Aid Certified
- Expertise in the Latest Nutrition Research



### One-on-One Counseling

- Lifestyle Modification
- Meal Planning
- Mindful Eating
- Weight Management and GLP-1 Medications
- Chronic Condition Management



### Group Programming

- Nutrition Seminars
- Cooking Demos
- Healthy Weight Support Groups



### Technology Driven Support

- On Demand Appointment Scheduling
- Digital Messaging
- Health Risk Assessment
- Personalized Nutrition Content



## Our Counseling Approach

- All Foods Fit Mentality
- Outcomes Driven
- Holistic and Person-Centered
- Practical and Relatable
- Tailored to Economic, Educational, and Environmental Factors
- Respects and Integrates Diverse Cultural Food Practices and Beliefs

Comprehensive  
Nutrition  
Assessment

Personalized  
Nutrition Plan

Ongoing  
Support

## A Trusted Service Partner

- Detailed Annual Service Plan
- Turnkey Communications Toolkit
- Virtual or Onsite Support
- Operational Excellence



SCAN ME

Learn more about Ramp Health



# Why Nutrition Counseling?

Chronic health conditions and unhealthy behaviors, such as high blood pressure, diabetes, smoking, physical inactivity, and obesity, cost U.S. employers more than \$36.5 billion annually due to absenteeism. With a focus on lifestyle modification, our nutrition counseling approach addresses it all.\*



## Ramp Health Outcomes\*\*



**76%**

BMI improvement across our book of business



**10%**

Average mean weight loss



**2.9**

Average drop in A1C



**5mmHg**

Average drop in systolic and diastolic blood pressure

### Sources:

\*\*Workplace Health Promotion." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 10 Mar. 2020, [www.cdc.gov/chronicdisease/resources/publications/factsheets/workplace-health.htm](https://www.cdc.gov/chronicdisease/resources/publications/factsheets/workplace-health.htm).

\*\*Ramp Health Coaching Outcomes Report

## Why Choose Ramp Health?

- 22 Years of Experience
- Licensed Registered Dietitians
- HITRUST Certified
- Innovative Digital Health Experience

## Effective and Affordable

Nutrition counseling is covered by most plans due to its proven effectiveness. Adopting this service will achieve a strong ROI through reduced healthcare costs and absenteeism.

**Connect your population with our Registered Dietitians today.**

## Contact



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