

Whole Food Is Medicine

Your Life, Your Health

Achievement of health goals take time. **This is especially true for people hoping to lose a significant amount of weight or who want to decrease their risk of development of diabetes and progression of heart disease.**

If you are serious about helping employees get the health they deserve, Whole Food Is Medicine is here to offer personalized programming to help employees feel their best! Whole Food Is Medicine doesn't offer gimmicks or pills. Instead, each employee will receive personalized guidance on a whole food approach and complementary lifestyle changes designed to meet employees where they are now and take them to the place they want to be. No calorie counting, no going hungry, and no complex food rules.

Our weight management, pre-diabetes, and healing heart programs will help your employees lose the amount of weight that's right for them, cut their risk of Type 2 diabetes in half, and reverse heart disease through comprehensive nutrition and behavior change programming that works with their lifestyle.

Each program includes all of the following:

Individualized nutritional counseling with a Registered Dietitian Nutritionist (10 hours)

The first meeting will be a one hour session that will include an in-depth consultation and review of your health goals. The remaining nine hours can be scheduled according to your needs.

Short video presentations

Short video lessons are also offered to help make the most effective use of individualized counseling time. Each video lesson ranges in length from 3-10 minutes. By viewing video lessons between scheduled individualized counseling sessions, employees will have time to try out new behaviors and get feedback from a Registered Dietitian Nutritionist (RDN).

Educational Handouts

A variety of educational handouts will be included with video lessons. You can download and print these full color handouts from your computer.

Personalized and instantaneous monitoring and feedback of goals through the Healthie app

Self-monitoring is an important strategy to help employees meet their health goals. Through the Healthie app, employees can upload photos and get feedback from the RDN! They can also use the app to keep track of weight, amount of physical activity (including fitbit data), hours of sleep, blood pressure, and more. The chat feature allows employees to send questions to the registered dietitian nutritionist any time. These convenient features mean employees always have access to personalized guidance some guidance specific foods or social situations.

www.wholefoodismedicine.com