


Nutrition Coaching Program For Employers





Mission




Nutrable's goal is to advance corporate wellness by providing employees with tools and resources to improve their diet and nutrition.

Nutrable is breaking new ground in the field of corporate wellbeing. With a dedicated team of highly qualified nutritionists, Nutrable partners with businesses to improve the health of their employees through evidence-based nutrition support.

Employers are able to give their employees access to professional nutrition information, advice and personalised support via our nutrition coaching program, including 1-1 video consultations, live health talks, a supplement directory, and an extensive library of articles on how to apply nutritional solutions to individual health challenges and health goals.


What is Nutritional Therapy?



Nutritional therapy is an evidence-based, whole-body approach that addresses the underlying causes of health issues through personalized nutrition.

Instead of a one-size-fits-all approach, they work with you to unravel underlying imbalances and identify the root causes of your issues, such as genetics, environment, age or life stage, and diet and lifestyle choices. Nutritional Therapists also have access to a wide range of functional tests and supplements to fine-tune your personalised plan.

Impact of Nutrition in the Workplace



Proper nutrition has a profound impact on the productivity of an organization. Ignoring a healthy diet will impact employee productivity, absenteeism, recruitment and retention.

IBS/ Digestive Issues: £3 Billion

Cost of IBS related sick days, with 20% of the UK living with IBS.

Diabetes: 1 in 17

People in the UK living with diabetes, of which 37% have reported work-related problems as a result of the disease.

Mental Health: £29 Billion

Presenteeism as a result of mental ill health costs UK businesses £29 billion each year.

Cold & Flu: 1,043,965

Workdays lost in the UK in a single week through employees missing work due to cough, cold or flu.

Menopause: 14 Million

Avg. 24hrs lost productivity in the UK per employee per year, accounting for 14m lost workdays.

Sleep: £40 Billion

Cost of lost productivity due to 71% of people in the UK not getting 7-9 hours of sleep per night.

Our Nutrition Services



Coaching Program

Personalised nutrition

- Professional coach
- Multiple health interests
- 3-12 week programs
- Weekly challenges
- Progress tracking
- Measurable results



Health Talks

Webinars with Q&A

- 1 hour
- Online or on-site
- 2 nutritionists per talk
- Anonymous Q&A
- Handouts: articles, podcasts & white papers



Health Clinics

1:1 nutrition support

- Full day
- In-office or online
- 2 nutritionists
- 10+ years experience
- Private consultations
- 12-16 employees

The Nutrition Coaching Program



Nutrition Program

Select a program for your needs



Nutrition Coach

Support to help you reach your goals

Features:

- ☆ **Rate My Plate:** Feedback & advice on your meals

- 📖 **Health Talks:** Webinars on popular topics

- 📄 **Article Library:** Science-backed articles

- ▶ **Podcasts:** Conversations with top nutritionists

- 🍴 **Recipes:** Nourishing food without sacrificing flavour

- 🔍 **Supplement Directory:** Find & compare products

- 📺 **Consultation:** 1:1 video consultation with nutritionist

- ❤️ **Health Tests:** Bespoke blood testing



Pricing

Essential Package
 £180 per member / year
 Nutrition Coaching Program

Advantage Package
 £270 per member / year
 Nutrition Coaching Program
 1:1 Nutrition Consultation

Premium Package
 £360 per member / year
 Nutrition Coaching Program
 1:1 Nutrition Consultation
 Health Test

Health Talks
 £650 per talk

Health Clinics
 £1,600 per clinic

Return on Investment

Investing in Employees is Good Business

Company Cost	
Employee Salary (Professional Services)	£50,000
Cost Per Day of Absence*	£360
Sick Days Taken* (Annual)	7.8
Partial Speed Days* (75% Productivity)	27
Cost of Poor Health / Employee	£5,238

Nutrable Impact	
Health Impact of Improved Nutrition	30%
Reduction in Sick Days	2.3
Reduction in Partial Speed Days	8.1
Savings from Better Health	£1,557
Nutrable Membership Cost	(£180)
Return on Investment	865%

Net Annual Savings per Employee: £1,377



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