

Helping employers make eating well simple, affordable, and accessible to all

We know from working with over 700 employers today that employee nutrition benefits help lower healthcare costs, address Social Determinants of Health and food insecurity, increase productivity, and improve retention.¹ Nutrition is key to health and longevity yet most people need support overcoming barriers to eating well – that’s where we come in.



Foodsmart removes challenges to deliver results.

Increase employee satisfaction & retention

96% of employees value Foodsmart as a benefit
NPS of 86¹

Deliver Proven ROI

\$40 cost savings per employee per month¹

Combat food insecurity

42% of food insecure employees who use Foodsmart become food secure¹

Improve health outcomes with personalized nutrition that is accessible, educational, and affordable

With economic inflation raising the cost of living – such as groceries – and increasing rates of obesity and obesity-related chronic conditions,² your employees need support now more than ever. By connecting employees with the nation’s largest network of registered dietitians via telehealth alongside the Foodsmart app, we’ve helped over 1.5 million members¹ afford and access quality food and develop long-term behavior change.

Reverse chronic conditions and improve food insecurity

Our dietitians offer clinically proven strategies to help combat chronic conditions. For instance, we’ve helped a third of our members with obesity achieve sustained weight loss of >5% of body weight and 39% of our members with diabetes reverse its impact after two years. Plus, Foodsmart helps members save money on groceries and offers food delivery such that 42% of our food insecure members have become food secure.¹

Making it easy to maximize ROI

Engaging employees can be difficult, so our marketing team develops a customized strategy, including proven multi-channel marketing via email, Push, and SMS notifications, targeted call campaigns, food discounts and incentives, and community partner engagement. With more employees engaged, employers see ROI of at least 2:1. In a recent claims study, one of the largest national health plans found that they saved \$40 per employee per month on medical costs for employees enrolled in Foodsmart compared to non-Foodsmart employees.¹

How it works:



Employees meet virtually with a personal dietitian to review health history and goals (Available in 200+ languages)¹



Employees personalize their plan by selecting from thousands of delicious recipes with choices like ‘low-sodium’ or ‘heart-healthy’



Get daily support with the Foodsmart App where employees can save money on groceries and save time having food delivered



With regular dietitian visits, employees establish their goals, adapt their plan, and see results



“I’ve seen significant improvements in my health since I’ve started using the Foodsmart app. I lost about 30 pounds in a year. My A1C without medication has been consistently in the fives.



– Callie R

Want to learn more about how Foodsmart can help your employees improve their nutrition?

Visit us at

<https://www.foodsmart.com/employers>

1. Subject to Change. Results may vary.

2. CDC Division of Nutrition, Physical Activity, and Obesity

*Dietitian visits are subject to eligibility and benefit plan design

An Integrated Marketing Approach

Webinars

How it works:

- Foodsmart hosts monthly webinars that coincide with marketing campaign topics. These are available to all employees and are free to attend.
- Employees are informed of webinars via our newsletter 'The Weekly Dish' as well as dedicated email outreach. We can also work with clients to promote within their channels.
- We also offer custom, client-specific webinars should the client have a topic or focus that would better support their population. We have a variety of clinical topics as well as topics related to 'Saving Money on Food'.
- These webinars can be promoted in place of or in addition to monthly webinars. Foodsmart will develop custom registration pages and marketing materials.
- Webinars will be hosted by Foodsmart, though we encourage client representatives to attend. Foodsmart will share post-webinar reporting on registration, attendance, and engagement.

2023 Foodsmart Webinar Calendar

JAN

The Psychology Behind Weight & Hunger

Learn how your mind can be one of the biggest barriers to weight loss and how to overcome it.

FEB

Building Healthy Habits That Last

Learn to understand your current habits and how to create healthier ones.

MAR

Fueling Your Heart with Food

Uncover the key diet and lifestyle changes that will help you take control of your heart health.

APR

Managing Your Heart Condition Through Nutrition

Get expert advice on how to create a heart-healthy diet that supports your heart conditions.

MAY

Dietitians Dish: Getting into Gut Health

Delve into the science behind how our mind and gut are connected.

JUN

The Mind-Gut Connection: Boosting Your Mood & Digestion

A deep dive into the connection between the gut and the brain and how improving the health of one can help the other.

JUL

Eating Healthy On the Go

Tips to help you navigate nutrition on-the-go for you and your family.

AUG

Back to School: Helping Kids Eat Well at Every Age

Cost-effective, time-saving, brain-boosting nutrition tips for you and the kids.

SEP

Balancing Blood Sugar

Learn how meal timing and composition can affect blood sugar spikes and cravings. Plus, get a few tricks-and-treats for the kids.

OCT

Mindful Eating: How Connecting to Your Food Can Improve Your Health

Learn habits that help you focus while eating so you can experience better digestion, more enjoyment, and improved health.

NOV

Avoiding Holiday Weight Gain

Enjoy your favorite dishes and indulge in sugar and spice without feeling out of control or going overboard.

DEC

Winter Wellness: Nutrition Habits for Colder Months

Tips to re-inspire, make the most of seasonal produce, and provide nutrition support to combat post-holiday blues.

All of our past webinars are available to watch at the link below:

[View Webinars](#)