

# Nutrition



## Nutrition counseling that makes a difference.

Because a healthy lifestyle is dependent on good nutrition, providing members the help they need to make healthy food choices is a critical component to quality healthcare. With Teladoc Health's Nutrition service, members can work directly with registered dietitians who are focused on their specific clinical and nutritional needs. Personalized programs are developed that include nutritional guidance, custom meal plans, shopping guides, and more.

With registered dietitians in every state, members can select the nutritional expert with the medical specialty and language that matches their specific needs.

<sup>1</sup>National Center for Health Statistics, Centers for Disease Control and Prevention, 2013. *Summary Health Statistics for the U.S. Population: National Health Interview Survey, 2012*. [http://www.cdc.gov/nchs/data/series/sr\\_10/sr10\\_259.pdf](http://www.cdc.gov/nchs/data/series/sr_10/sr10_259.pdf).

<sup>2</sup>Food Insight, 2017. "Food and Health Survey: A Focus on 50+." <http://www.foodinsight.org/2017-food-and-health-survey>.

<sup>3</sup>DeVol, Ross, and Armen Bedroussian, The Milken Institute, 2007. *An Unhealthy America: The Economic Burden of Chronic Disease*. Milken Institute. [https://assetsb.milkeninstitute.org/assets/Publication/ResearchReport/PDF/chronic\\_disease\\_report.pdf](https://assetsb.milkeninstitute.org/assets/Publication/ResearchReport/PDF/chronic_disease_report.pdf).

40%

of Americans suffer from chronic diseases, most of which directly correlate to poor nutrition<sup>1</sup>

80%

of Americans are confused about what "healthy" means<sup>2</sup>

\$190B

is spent annually for obesity-related illnesses—nearly 21% of U.S. annual medical spending<sup>3</sup>

## How Nutrition works



### Initiate

Member initiates services through web or app by requesting an appointment time with a registered dietitian.



### Complete questionnaire

The member answers questions on medical conditions, diet history, goals, and meal planning concerns.



### Visit

The registered dietitian talks with the member by phone or video.



### Set goals

The member receives a personalized nutrition plan, nutritional care manual, meal plan, and shopping guide.



### Ongoing management

The member can view their nutrition plan anytime and speak to the same registered dietitian for follow-up care or select a registered dietitian with a different specialty if needed.

## Benefits

### Specialized care

The curated network of registered dietitians supports a wide range of specialty conditions such as diabetes, sports nutrition, gastrointestinal disorders, and prenatal care.

### Personalization

Members receive a personalized nutrition guide with custom meal plan, shopping guide, and more.

### Virtual care integration

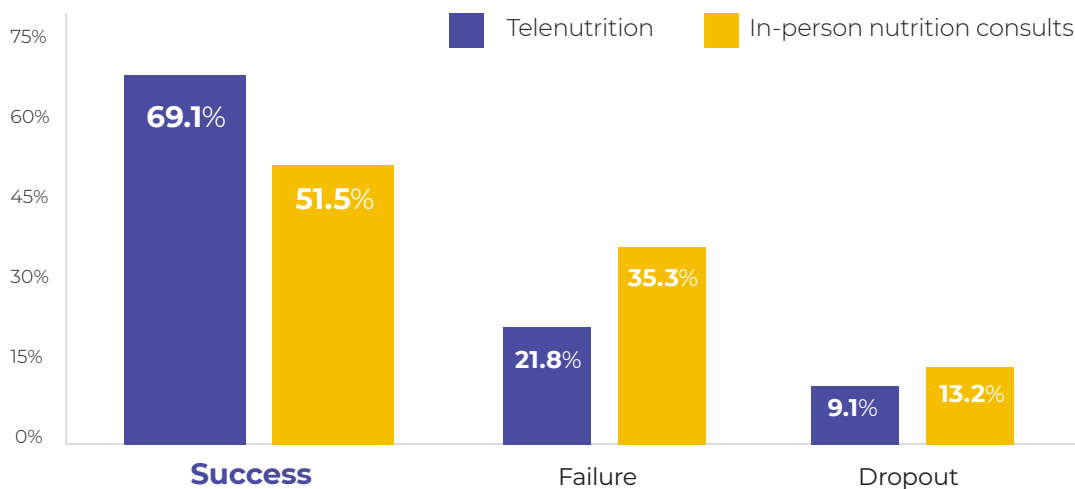
Nutrition integrates with other Teladoc Health clinical services for easy access to comprehensive care.



“My primary care doctor was so happy that I finally got to see a registered dietitian for lifestyle modification to help manage my cholesterol. My doctor advised me that he would increase my statins unless I improved my diet. I kept holding off on seeing a registered dietitian until Nutrition made it so easy for me to speak to a registered dietitian over the phone. It was such a game-changer for me!” **Member**

## Telenutrition has better success and fewer failures

In a clinical study, individuals had greater success via telenutrition in patient admittance and patient retention. Overall, telenutrition improved patient engagement in managing their health.<sup>4</sup>



<sup>4</sup>Kuzmar, Isaac E., Ernesto Cortés-Castell, and Mercedes Rizo. 2015. "Effectiveness of telenutrition in a women's weight loss program." *PeerJ* 3:e748 (February 3). <https://doi.org/10.7717/peerj.748>.

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### About Teladoc Health

Teladoc Health is the global virtual care leader, helping millions of people resolve their healthcare needs with confidence. Together with our clients and partners, we are continually modernizing the healthcare experience and making high-quality healthcare a reality for more people and organizations around the world.