

TRADITIONAL HEALTH BENEFITS

VS

CONTRACTED NUTRITION SERVICES

General dietitian, not specialized to industry

In-person or virtual appointments only; limited ongoing support

Employee-employer cost split for all benefits or higher PEPM through EAP

Everyone pays for access, few utilize

Generalized content with higher PEPM

Culturally competent dietitians, industry-tailored content for shift work, high stress recovery, and injury prevention

In-person and virtual appointments, on site education; HIPAA secure chat through EMR

Annual retainer + flexible pay-per-use individual sessions, cost sharing negotiable

Custom content accessible to all, pay-per-use individual appointments

Competitive PEPM, increased engagement and ROI for injuries/sick days