

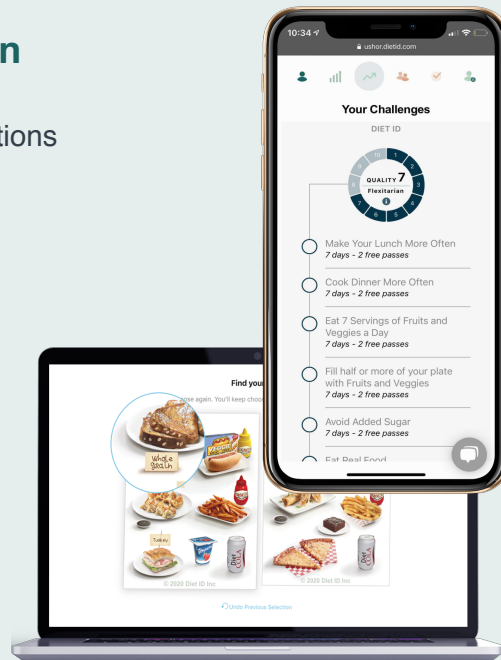
Make Healthy Eating an Everyday Habit

FEATURES



Digital Nutrition Solution

- Rapid assessment
- Evidence-based recommendations
- Group-based programming
- Personalized plans
- Healthy eating challenges
- Bite-sized education
- Ideologically agnostic
- No calorie counting
- Available in Spanish
- Culturally sensitive



95%

Assessment completion rate.
Effortlessly gather valuable info from your population.

5%

Reduction in BMI for those who lost weight on the program.

6%

Reduction in chronic disease risk, as measured by improvement in diet quality.

An Evidence-Based Approach

Founded by Dr. David L. Katz, lifestyle medicine and nutrition leader and founder of the Yale-Griffin Prevention Research Center, Diet ID provides a scientifically valid approach to help people improve what and how they eat, one bite at a time. We call it Tastebud Rehab. The result is permanent habit change, with a preference for healthful foods.

Diet ID starts with a 60-second image-based dietary assessment to understand how healthy someone's diet is. We help them set a goal based on their health objectives. Then we provide daily micro-challenges that reinforce important behavior changes to build healthy eating routines.

The experience is effortless, engaging, and effective for populations and organizations to truly improve diet quality — the metric that matters most.

Integrate Diet ID Into Your Program

Diet ID makes it fast and easy to measure and improve your population's dietary quality, a critical driver of health outcomes, wellbeing, and ultimately, cost.

We can launch in as little as 24 hours with our stand-alone solution, which requires no technical integration. We provide marketing assets, a custom-branded platform for your users, and provider access to an admin portal.

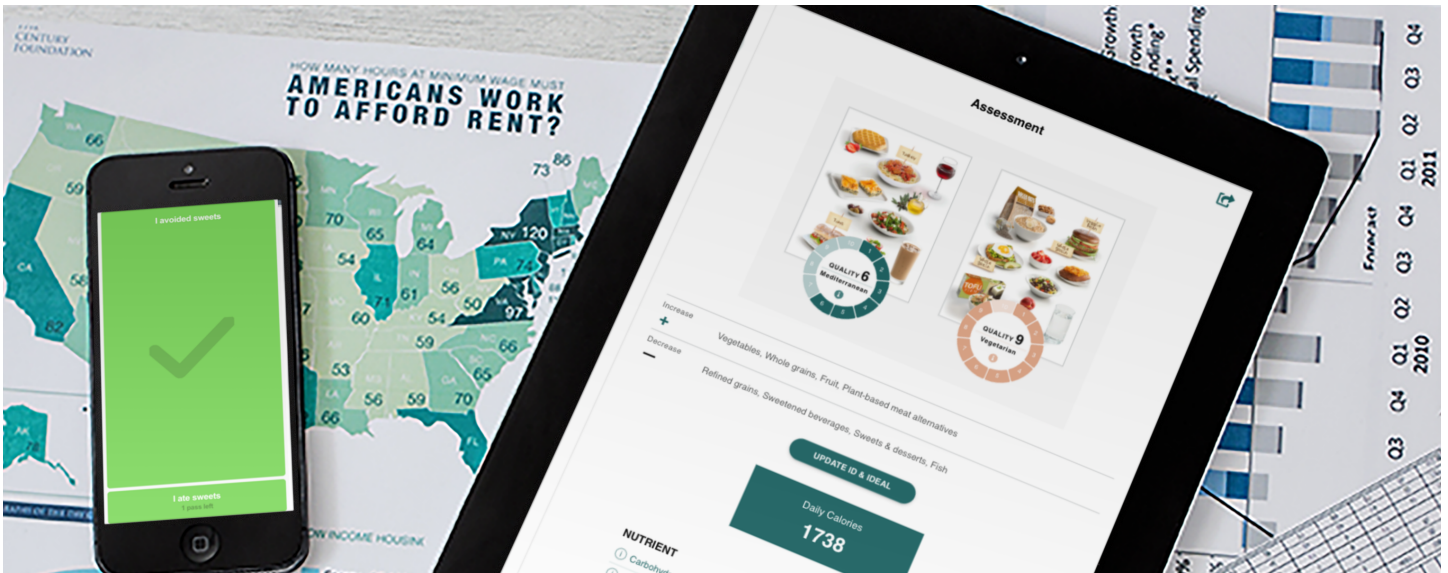
If you use a wellness platform such as GoMo Health, Virgin Pulse, or Healthie, Diet ID's modules can be enabled directly within those platforms for a seamless user experience.

If you want to integrate Diet ID into your clinical workflow, we have EHR integrations available. We also help you streamline your workflow with our educational assets and clinical decision support tools.

Diet ID makes it possible to measure and manage our population's nutrition at scale.

Add Diet ID to Your Program and Workflow

Finally, a solution to rapidly assess your population's diet quality and provide an individualized path to healthy eating



DIET ID Snapshot

FEATURES

Diet ID can be customized to your population's needs. Deploy parts or the entire stack:

Assessment Module: A 60-second comprehensive, immediate dietary assessment to measure population risk. Use it once or repeat it often to measure efficacy of wellness programming.

Goal Setting Module: Individuals get evidence-based personalized nutrition plans based on health goals designed to improve overall wellbeing.

Daily Challenges Module: We convert the nutrition plan into a series of daily micro challenges designed to build healthy habits one bite at a time.

VALUE: WE MEET PEOPLE WHEREVER THEY ARE



Evidence-based: With the highest standards, all of our recommendations are based on comprehensive review of published nutrition literature. No fad diets.



Personalized: Each person's journey is unique to where they are and where they want to go. Our experience adapts to their needs and empowers them to succeed.



Easy: Engagement requires simple, effortless check-ins on habits. No intensive tracking or calorie counting.



Baby steps: We focus on micro-actions to help people improve over time, each step tailored to the individual.



Fast: The fastest comprehensive, validated dietary assessment, with data generated in real time.



Ready to make healthy eating a priority for your population?

www.dietid.com

ahankins@dietid.com