

FREE for
Employers
&
FREE for
Employees

UtopiaWellCare

- ▶ **Utopia WellCare offers** free one-on-one counseling sessions through their in-network Registered Dietitians
- ▶ **Covered for no cost** under preventive care. **IT'S FREE**
- ▶ **Functional nutrition approach** to help with any health issue such as:
 - Diabetes
 - High Cholesterol
 - High Blood Pressure
 - Weight Control
 - Pain Management
- ▶ **Schedule an appointment** at www.utopiawellcare.com

Conditions We Treat

COMMON REASONS TO BOOK A CONSULTATION



4 IN 10
ADULTS IN THE US
HAVE 2 OR MORE
CHRONIC DISEASES



6 IN 10
ADULTS IN THE US
HAVE A CHRONIC
DISEASE

- **Mood Regulation**
 - (Depression, PMS, PMDD)
- **Stress and Anxiety**
 - (Brain gut imbalances)
- **Body Composition**
 - (Weight Loss, Build Muscle)
- **Cardiovascular Issues**
 - (High Blood Pressure, Cholesterol, Heart Disease, Low Platelets etc)
- **Endocrine Imbalances**
 - (Diabetes, hormone resistant weight loss)
- **Kidney Imbalances & Cancer**
- **Autoimmunity**
 - (Lupus, Hashimotos, Psoriasis)
- **Allergies and Environmental exposures**
 - (Mast Cell Activation)
- **Gastro-Inestinal Disorders**
 - Gas, bloating, constipation, IBS, IBD
 - Food-sensitivity Issues, GERD,
- **And more...**

IMPACT

A MULTIFACETED APPROACH

PHYSICAL

75% OF DOLLARS SPENT IN US IS ON CHRONIC CARE

EMOTIONAL

1 IN 5 US ADULTS HAVE A MENTAL ILLNESS, WITH LESS THAN HALF RECEIVING TREATMENT

FINANCIAL

MONEY, WORK AND THE ECONOMY ARE THE MOST COMMON SOURCES OF STRESS

SOCIAL

GROUPS OF FRIENDS OUTPERFORM GROUPS OF ACQUAINTANCES IN THE WORKPLACE



WHY FUNCTIONAL NUTRITION WORKS

We address core physiological processes that affect the body's ability to function

- Assimilation: digestion, absorption, microbiota/GI, respiration
- Defense and repair: immune, inflammation, infection/microbiota
- Energy: energy regulation, mitochondrial function
- Biotransformation and elimination: toxicity, detoxification
- Transport: cardiovascular and lymphatic systems
- Communication: endocrine, neurotransmitters, immune messengers
- Structural integrity: subcellular membranes to musculoskeletal integrity

"86% OF HEALTH CARE COSTS IN THE USA ARE DUE TO CHRONIC CONDITIONS."



You Will Experience Our Year Round



Engagement Tool Kit

1 ON 1 CONSULTATIONS

Meet with your Dietitian and get space to share your story so we can better learn about you. Get a personalized nutrition and wellness plan to help you meet your goals.

For Employees on the Insurance Plan Only



NEWSLETTERS

Quarterly Newsletters in the form of our Seasonal Strategy Guide. Patients can access educational hacks, tools and programs

MONTHLY CONTENT EDUCATION EMAILS

Engaging content and email templates with education and announcements that allow Utopia WellCare to do the work for you.

For Employees on the Insurance Plan & Employees NOT ON the Insurance Plan



UTOPIA WELLCARE APP

We use our Utopia WellCare App to drive continuous engagement and patient support. What happens between visits with the practitioner is often as important as the visit itself

GROUP PROGRAMS

Groups Programs and Challenges on a variety of different wellness topics to encourage community, motivation, fun and high quality results.



PROMOTIONAL KIT

- Water Bottle
- Grocery Shopping Tote
- Stress Ball
- Cool T-Shirt
- Samples: Healthy & Delicious Snacks

SURVEYS

We utilize post consult surveys to make feedback-based adjustments and improvements. We can provide analytic information for large groups