Nutritional Wellness Benefits
The Unique Benefit Platform for Optimal Health & Wellness
Green Box Foods is a unique all-natural and organic wellness solution provider. We’ve developed a comprehensive, nutrition-focused platform for improving health, preventing and managing chronic disease, and reducing medical costs. By providing the “missing-link” to great health - easy access to affordable, all-natural and organic food, coupled with personalized meal planning— we help you complete your wellness plan.

The platform empowers people to plan, shop, track, and enjoy food choices specific to their individual needs or chronic health conditions. Our proprietary technology connects corporate wellness, healthcare and communities with all-natural food, providing a complete health solution that is affordable, accessible, and convenient.

Our approach is driven by medical nutrition therapy guidelines, with optional support and guidance by Registered Dietitians, and may be customized with individual food preferences. Engagement and support are provided to reinforce continued healthy habits. Partner models vary depending on industry, but all models offer charitable giveback options creating value for employees, members, communities, and organizations.

**Challenge: Prevention & Management of Chronic Disease**

According to the CDC, as a nation, we spend 75% of every healthcare dollar on the treatment of chronic disease.* In fact, chronic disease including cancer, heart disease, obesity, diabetes, and arthritis are now the nation’s leading causes of death and disability.

Medical insurance premiums, co-pays, and deductibles continue to rise as the cost of treating these conditions increases. Unchecked, these increased costs will continue to be absorbed by your organization and its members.
Opportunity
In many cases, the most common chronic diseases can be prevented or successfully managed by diet change and weight loss alone. In fact, the Centers for Disease Control reported that the majority of all chronic disease can be prevented with simple lifestyle changes, including eating a healthier diet low in saturated fat and sodium. The associated potential healthcare savings are staggering. It’s estimated that lower obesity rates alone would avoid $60 billion in treatment expenditures and produce productivity gains of $254 billion a year.**

Solution
It’s well accepted in the medical community that quality nutrition and exercise are the cornerstones of health and wellness. So the only real defense against ever-increasing medical and health insurance costs is for your members to get (or stay) healthy. It’s been our experience, however, that while most organizations do a good job of offering exercise opportunities (e.g., gym memberships, walking paths, corporate gyms) most offer little to no assistance when it comes to proper nutrition and food choice – especially at home. That’s where Green Box Foods comes in.

Critical Statistics:
- More than 109 million Americans have one or more chronic diseases, for a total of 162 million cases**
- On our current path, it is projected that by 2023 there will be a 42% increase in the top 7 chronic diseases alone, directly impacting healthcare costs**
- The top 7 chronic conditions account for $1.1 trillion per year in lost productivity, while another $277 billion is spent annually on treatment**
- Lower obesity rates alone could produce productivity gains of $254 billion, and avoid $60 billion in treatment expenditures per year**
- Most chronic disease can be prevented and managed by proper nutrition and exercise*
Green Box Foods: The “Missing Link” That Completes Your Health & Wellness Program

- Nutritional Wellness: All-natural & organic food, meal planning & nutritional support
- On-Campus Initiatives
- Mental Wellness
- Screenings & Awareness
- Dependency Counseling
- Tobacco Cessation
- Fitness

Green Box Foods: The “Missing Link” That Completes Your Health & Wellness Program
**A Plan and Path for Optimal Health**

At Green Box Foods, we make good nutrition easy, convenient, and affordable. Our program provides the “missing link” for good health that no other wellness benefit company possesses – nutritionally superior, certified all-natural and organic food, conveniently delivered to participants’ homes, at benefits-level pricing. Members are supported through our online platform and network of registered dietitians, who are focused on the prevention and management of chronic disease. Our Wellness Center offers additional tools and resources to foster member engagement and create a healthy-living culture.

**Green Box Foods: Improved Health, Increased Productivity, & Reduced Costs**

Green Box Foods completes your organization’s health and wellness plan by providing participants with easy access to high-quality Power Food, coupled with the empowerment to make positive lifestyle change. The net result is improved health and reduced costs.

**Program Highlights:**

- All-natural and organic food, delivered to participants’ homes
- Personalized meal plans and coaching
- Easy access to licensed health professionals
- Nutrition insights and tools
- Comprehensive health assessments
- Complete wellness center, managed by registered dietitians

* [http://www.cdc.gov/chronicdisease/index.htm](http://www.cdc.gov/chronicdisease/index.htm)
Our Wellness Platform

**Food**
- Chemically Free, All-Natural & Organic Food
- Convenient Home Delivery
- 100% USDA Inspected & Certified
- Center of the Plate Focus
- Portion Controlled
- Reduced Member Benefit-Level Pricing
- Natural Elimination of Pathogens
- PBA-Free Packaging
- 100% Guarantee

**Support**
- Personalized Meal Plans & Coaching
- Access to Licensed Health Professionals
- Seamless Integration Into Your Organization
- Communications & Technology Support
- Co-Branding & White Labeling Available
- Guidance, Support, Optional RD Access
- Access Through Benefits Platform
- Easy Online Access
- Open Enrollment

**Tools & Programs**
- Health Assessments
- Structured Cognitive Behavior Training
- Nutrition Tools & Tracking
- Revenue Share & Charitable Giveback Models
- Physician or Group Tracking & Reporting
- Healthy Recipes
- Rapid ROI Model
- Analytics & Reporting

**Health & Wellness**
- Complete Wellness Center, Managed by Registered Dietitians
- Chronic Disease & General Illness Focused
- Comprehensive Nutrition-Focused Platform
- Personal & Group Engagement
- Medical Nutritional Therapy (MNT) Guidelines

**Nutrition Plans**
- Engagement & Support
- Analytics & Reporting
“We believe that improved nutrition does not require iron-will discipline or denial of the foods that we love. In fact, high-quality, nutritious food can taste delicious.”

~ Dr. Keith Kantor, CEO