
BioIntelligent Wellness

Corporate Wellness Programs

Look better. Feel better. Perform better.



Solana Beach

124 Lomas Santa Fe, Suite 206
Solana Beach CA 92075

Carlsbad

7220 Avenida Encinas, Suite 110-B
Carlsbad, CA 92011

Website

www.BioIntelligentWellness.com

Contacts

858 228 3644
info@biointelligentwellness.com



About BioIntelligent Wellness

We help employers reduce healthcare costs and boost productivity in the workplace

The most successful companies treat employees as their most valuable assets.

However, this value can be diminished by health problems that affect an employee's overall well-being. Even minor health problems, which can be traced to a lack of exercise or poor food choices, can lead to increased insurance premiums and missed work.

Many employers have felt the impact of decreased output coupled with higher healthcare costs.

We help employers win back their competitive edge by increasing productivity and retaining their most productive employees longer.

Employees who know they are valued have higher levels of loyalty and commitment; they take pride in doing their best because they want to offer a good return on the company's investment.

An investment in a corporate wellness program is a short-term investment that reaps long-term dividends.

Here at BioIntelligent Wellness, we won't just help your employees and coworkers lose their weight and improve vital health parameters, but we will give them lifelong tools to keep it off forever.

We educate people as we change their diets so that they can make better choices in their foods and lifestyles.

The focus will be on the hormonal and metabolic changes that occur on the inside of our body and how nutrition effects our health, weight and livelihood.

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For our employers, this is an opportunity to provide helpful information to their employees.

The healthier and stronger your employees are, the healthier and stronger your company will be as well.

We are excited to help our community get healthier and are committed to helping educate others on how we can accomplish this together.

Benefits to Employers

28% An average of 28% reduction in sick days

26% An average of 26% reduction in health costs

30% An average of 30% reduction in workers' compensation and disability management claims

\$1 An average savings-to-cost ratio of \$5.93 to \$1

Our Team



Debb Beymer
Ideal Protein Head Coach



**Rocio Delgado, MPH,
BSHA**
Community Wellness Liaison



Cat Marcellino, B.A.
Nutritionist and
Ideal Protein Coach



Aida Sadeghi, MS, CNS
Nutritionist



Dana Cahill
Ideal Protein Coach



**Tamilee Webb, BA,
MS BUNS OF STEEL™**
Corporate Fitness Liaison

Corporate Wellness Services

At BioIntelligent Wellness, we bring together a group of the highest quality professionals: Nutritionists, Health Coaches, Public Health experts, and Exercise Science specialists. Thanks to this group of professionals we can design the most suitable customized program for each corporation we work with.

- Lunch & Learn Presentations
- Corporate Weight Loss Programs
- Corporate Fitness



Lunch and Learn Presentations

We offer free “Lunch and Learn” seminars in which we come in for whatever time frame you specify (usually from 30 min to an hour). These seminars are formatted for group presentations and are the perfect way to guide your employees to better health! This does not necessarily have to be during lunch time but can be set for a time that would be most convenient for everyone.

Select from our list of Corporate Wellness topics or work with our team to customize your own!

We educate your employees about simple ways to change their diets, improve energy and reach and maintain their ideal weight. Each lecture will be unique in content and will include components of healthy eating and lifestyle changes that are applicable in daily life.



Corporate Weight Loss Programs

We will develop a customized program for your company that can promote successful weight loss and disease prevention.

We will go beyond educational sessions with an individualized approach including monitoring through weekly weigh-in and body composition analysis.



Our coaches promote specific improvements in hypertension (high blood pressure), hyperlipidemia (high cholesterol), diabetes, and other metabolic disorders.

Our customized approach allows for accountability and success by the participant involvement and direct feedback providing results and trends for your company to track tangible results.



Corporate Fitness

Our corporate fitness programs aim to reduce healthcare costs and increase engagement by encouraging your employees to lead a healthy lifestyle and offering effective resources and tools to support their success.

We offer comprehensive services and customize our offerings to fit your organizational needs

From speaker presentations and workshops to coaching, personalized online training and on-demand, virtual workouts, our corporate fitness options are designed to integrate with how your employees work.

Contact us today for your customized program!

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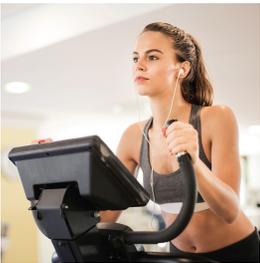
Ideal Protein Ketogenic Weight Loss Program

Are You Ready to Show Your Employees How to Lose Weight & Keep It Off?

Our evidence-based, medically designed protocol allows us to assist companies and their employees in motivating, supporting and engaging participants and leading them to long-term success and life-changing results. The onsite program is offered as an 8 to 12-week structured program and the offsite option allows companies to customize the program structure to best suit the organization.

Ideal Protein Diet program offers employers and employees a weight loss method with predictable, measurable and repeatable results.

- Lose an average of 2-7 lbs. per week
- Quick weight loss without sacrificing muscle mass.
- Improved energy, appetite control and reduced cravings.
- Improved blood sugar, cholesterol levels and reduced blood pressure.
- Utilization of stored fat for energy.



Metabolic Testing

There's no such thing as "average" when it comes to metabolism... So why should we guess when we can test?

Metabolism Testing determines the daily number of calories an individual needs to lose, maintain or gain weight and support their athletic performance. Metabolism Testing shows employees how to properly feed their bodies in a way that achieves composition goals, conquers training plateaus and improves health without sacrificing energy or training intensity.



Diagnosis-Specific Dietary Therapy

Clinical nutrition teaches your employees to how to eat to support both transient and chronic health conditions and, in some cases, reverse the disease process.



Sports and Performance Nutrition

Whether your employees are weekend warriors, professional athletes or participating in league sports, sports and performance nutrition will teach them to support their body in achieving its goals. Performance nutrition teaches individuals how to support their training and maximize their recovery, allowing them to train more efficiently, improve body composition and strength while reducing the potential of injury from improper fueling.



Whole Foods Nutrition

A clean eating program intended to reset eating habits and change current tendencies. These custom programs include an initial dietary assessment where individual goals and recommendations are made, followed by weekly or semi-monthly appointments. Clients will receive the individual support, meal ideals as well as a grocery store guide.



21 Day Sugar Detox

A program designed to eliminate sugar cravings and create healthy everyday eating habits.

Among many other benefits, the program will help increase energy levels, while decreasing one's weight and inflammation. With the provided knowledge of the effects of sugar on the body, how to spot hidden sources of sugar, and recipe ideas, the program is designed to leave you feeling and looking better overall.



Employee Health & Wellness Discount Program

- Do you want to feel better?
- Do you wish your clothes fit differently?
- Have you hit a performance, weight loss or other plateau?
- Do you want to take control of a diagnosis such as high blood pressure, diabetes or high cholesterol?

Our employee health & wellness discount program provides valuable benefits for organizations and their employees.

New customers are eligible to access employee discounts and take advantage of significant savings on our programs and services.



Free 15-min Nutrition Consultations

At BioIntelligent Wellness, we connect the dots between your symptoms and real solutions to create customized programs unique to you, your goals and your lifestyle.

Our complimentary consultation offers you an opportunity to learn more about how we can help you succeed in reaching your health goals and achieve lasting results.

- Weight Loss
- Diagnosis-Specific Dietary Support
- Sports & Performance Nutrition
- Whole Foods Nutrition



25% off Metabolism Testing

There's no such thing as "average" when it comes to your metabolism... So why guess when you can test?

Metabolism Testing determines the daily number of calories you need to lose, maintain or gain weight and support athletic performance.

Metabolism Testing shows you how to properly feed YOUR body in a way that achieves your composition goals, conquers plateaus and improves your health without sacrificing energy or training intensity.



Ideal Protein Ketogenic Weight Loss Program

Are You Ready to Learn How to Lose Weight & Keep It Off?

Are you looking for a weight loss method with predictable, measurable and repeatable results?

- Lose an average of 2-7 lbs. per week
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- Improved energy, appetite control and reduced cravings.
- Improved blood sugar, cholesterol levels and reduced blood pressure.
- Utilization of stored fat for energy.
- Lose fat, (along with cellulite) that contains chemical toxins.

Special Offer

- Program start fees waived
- 50% off the first week's food
- Complimentary metabolism testing for those who successfully complete the program.



20% On-Demand Virtual Workouts

Monthly subscription to online workouts with renowned fitness celebrity, Tamilee Webb, best known for her Buns of Steel™ and Abs of Steel™ Series.

- You pick the length
- You pick the body part
- You pick the video

You'll get UNLIMITED monthly access to her bestselling workouts with new videos being added every single month.

No matter what your level of fitness is, you can bet you'll find success.



Corporate Wellness FAQs

Why do a corporate wellness program?

- Information and education increases employee use of preventive screenings
- Improve healthy eating among employees
- Increase physical activity among employees
- Improve stress management among employees
- Improve general health and well-being
- Improve productivity
- Improve the company culture and promote better team sense
- Improve morale and attitude
- Decreased absenteeism and injury rates
- Reduced turnover rate

Who is eligible to participate?

- All employees are eligible for voluntary participation in the weight loss program.
- Family members, significant others and friends are eligible to participate per guidelines set by the organization.

Where and when will this program take place?

Wellness program activities will take place in appropriate, designated spaces at your facility or ours. This may include conference rooms and other available indoor and outdoor areas.

We offer the options of conducting the program at our office or hybrid models where we come to your location weekly for delivery and body composition analysis, then employees meet with their coaches virtually by phone or Skype.