

# 123 KNOW YOUR NUMBERS



## KNOW YOUR NUMBERS

The Know Your Numbers platform gives you personalized coaching, with instant feedback no matter what the risk category ... no matter what the biometric. Once you see your risk level, our one-on-one coaching, self-help guidance, and challenge system can help improve your numbers!



### PROGRAM FEATURES

Employees can track their biometrics manually, or the data can be uploaded into our HIPAA compliant site. Using either of these methods allows employees to view their risk level for all biometrics. These can be tracked over time as your employees receive the tools needed to improve their risk factors through self-help guides, coaching, and challenges.



### COACHING

We offer a lot of flexibility in the way we coach your employees to better health. They can simply send questions to our RDs on staff, and receive a response within 24 hours. Alternatively, our RDs and RNs can set up and carry out structured coaching designed specifically to reduce readings in specific biometric categories. Finally, we can also route them to your own resources for wellness coaching.



### PROGRAM RESOURCES

This platform provides a comprehensive set of Self-Care guides for each biometric that can be tracked. For employees who want to know how to manage their screening values, they are provided with shopping guides, meal plans, basic overviews of the main issues to be concerned about, and an understanding of the medications they may be asked to take.

## BIOMETRIC TRACKING OFFERED



BLOOD PRESSURE



BODY MASS INDEX



BLOOD GLUCOSE



CHOLESTEROL



TRIGLYCERIDES