



Teladoc[™]
HEALTH



Nutrition

Nutrition: The solution

Members work directly with **registered dietitians** who assess clinical nutrition needs and develop personalized programs including custom meal plans, shopping guides and nutrition manuals—all based on the latest, science-based guidelines for clinical nutrition.



Nutrition: Key features



Nationwide network of 150+ expert registered dietitians spanning different specialties and languages



Personalized nutrition guide includes meal plan and shopping guide, and supplement suggestions



Assigned Nutrition Care Manuals from Academy of Nutrition and Dietetics



Ongoing quality assurance monitoring of member and RD feedback and adherence to nutrition guidelines

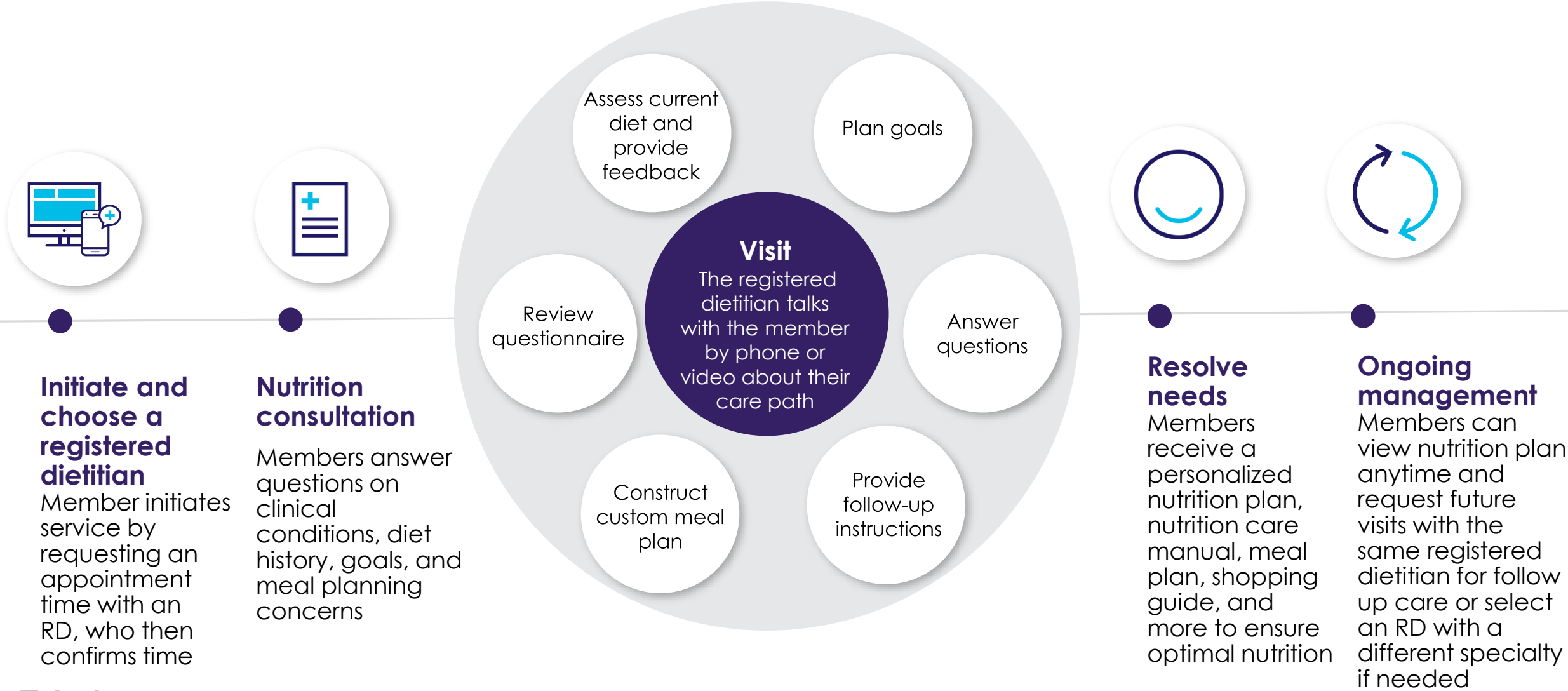


Scheduled appointments 7 days a week, 7 a.m. to 9 p.m. local time



Visits are available by phone or video

How Nutrition works



Personalized planning

RDs partner with members to develop a practical, personalized nutrition plan which includes meal plans and shopping guides to promote sensible, healthy eating.

They help members understand their conditions and how foods might affect it. They will create a diet plan that has the nutrients needed to manage their conditions.



Nutrition: Advantages



Specialized care

Members work directly with registered dietitians – not nutritionists or wellness coaches – spanning many specialties, such as sport, renal, autoimmune, gastrointestinal, prenatal, and more. The registered dietitian network is credentialed to accept insurance with many health plans.



Personalization

Members receive a personalized nutrition guide with a custom meal plan, shopping guide, and nutrition care manuals from the Academy of Nutrition and Dietetics.



Virtual care integration

Nutrition integrates with other Teladoc Health clinical services for easy access to comprehensive care.

"My primary care doctor was so happy that I finally got to see a registered dietitian for lifestyle modification to help manage my cholesterol.

My doctor advised me that he would increase my statins unless I improved my diet. I kept holding off on seeing a registered dietitian until [telenutrition] made it so easy for me to speak to a registered dietitian over the phone. It was such a game changer for me!"



Sample Nutrition Care Manual



High Cholesterol Nutrition Therapy

A plan called Therapeutic Lifestyle Changes (TLC) can help people who have high amounts of cholesterol in their blood.

- Following the TLC plan can help reduce the low-density lipoprotein (LDL) cholesterol (also called "bad" cholesterol) in your blood.
- High-density lipoprotein cholesterol (sometimes called "good" cholesterol) helps rid your body of LDL cholesterol.

Keys to TLC

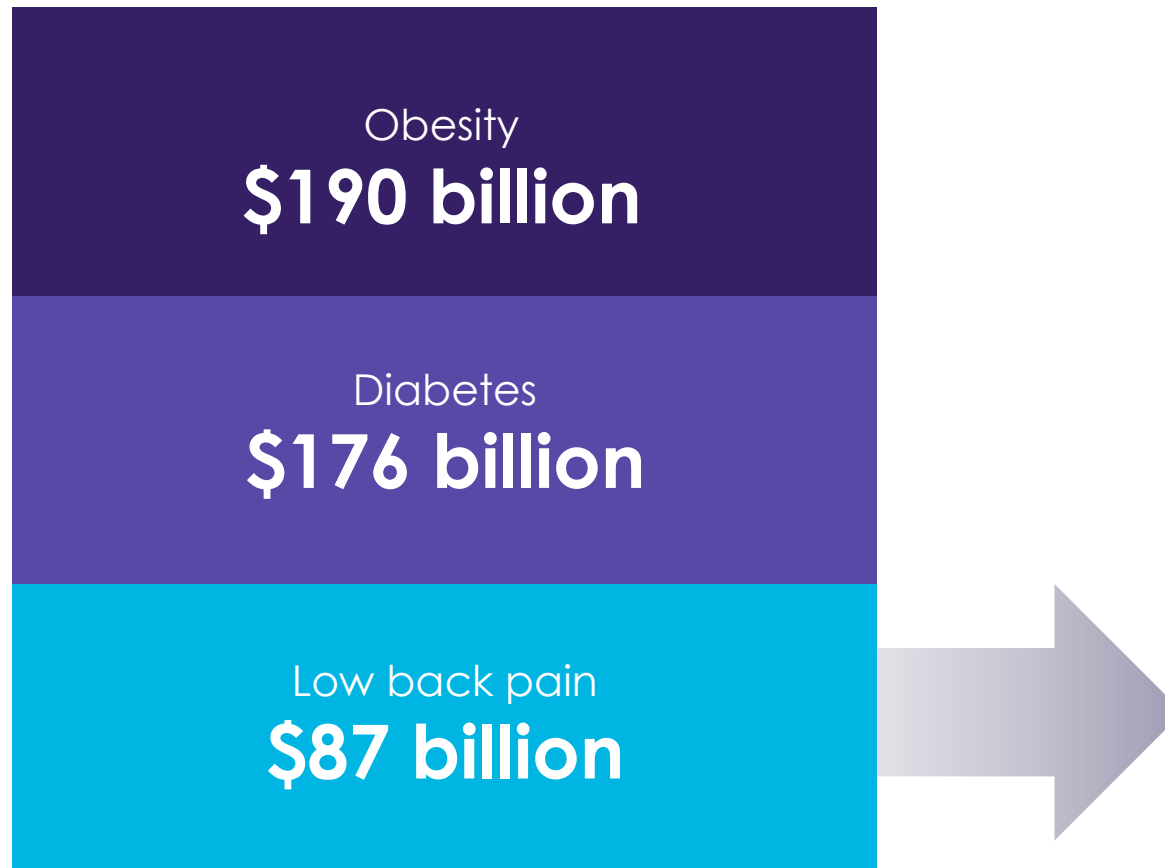
- Limit saturated fats and trans fats:
 - Foods high in saturated fats include fatty meat, poultry skin, bacon, sausage, whole milk, cream, and butter.
 - Trans fats are found in stick margarine, shortening, some fried foods, and packaged foods made with hydrogenated oils.
 - Instead of butter or stick margarine, try reduced-fat, whipped, or liquid spreads.
- Limit the amount of cholesterol that you eat to less than 200 milligrams (mg) per day.
 - Foods high in cholesterol include egg yolks (one egg yolk has about 212 mg of cholesterol), fatty meat, whole milk, cheese, shrimp, lobster, and crab.
- Eat more omega-3 fats (heart-healthy fats):
 - Good choices include salmon, tuna, mackerel, and sardines. Aim to eat fish twice a week.
 - Other foods with omega-3 fats include walnuts and canola and soybean oils.
 - Flaxseed is another source of omega-3 fats. Have it as flaxseed oil or ground flaxseed.
- Limit the total amount of fat that you eat (including heart-healthy fats) to 25% to 35% of the calories that you eat. If you should

Back Care:

A personalized,
low-cost back pain
treatment alternative



Low back pain conditions are the third-highest medical cost driver



However, utilization of traditional physical therapy is not optimal.

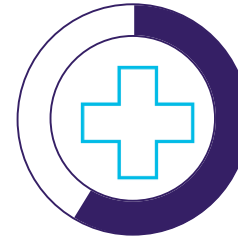
Physical therapy has very low participation with 14% of patients not returning after the first visit and low adherence to the 3x/week model.

Source: Jama Network

The Solution: Teladoc Back Care

The virtual solution for back care treatment and guidance

- Teladoc Back Care is an online video and exercise based treatment plan coupled with certified coach consultation for monitoring and support
- The convenient virtual-based approach delivers a personalized back care treatment plan that can be done at the convenience of the patient, in their own home.
- The Back Care program is provided through a partnership with Telespine, an online health program developed from over 100 clinical studies for the treatment and management of low back pain.



62%

Improved function



14 days

Estimated reduced lost work days/episode



41%

Reduction in pain

Source: Telespine reported savings

Key features



Simple, effective,
low-cost program to
reduce pain



Reminder emails to
keep members on
track



Personalized program
created through a
consult with a certified
Health Coach



Member access to
online program for
one year

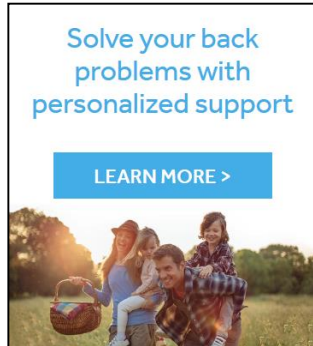


Access to
supplemental healthy
back learning videos



Promotes general
awareness of correct
posture and
movements
throughout the day

How it works



1

Initiate

Convenient direct access through Teladoc.com



2

Assess

Member completes a 5-minute back health assessment



3

Recommend

Qualified members are given a customized back care video program



4

Support

Health Coach consults can be scheduled via chat or phone as member needs support



5

Resolve

Programs last 4 – 8 weeks with access to healthy back training sessions for one full year



Sample program views

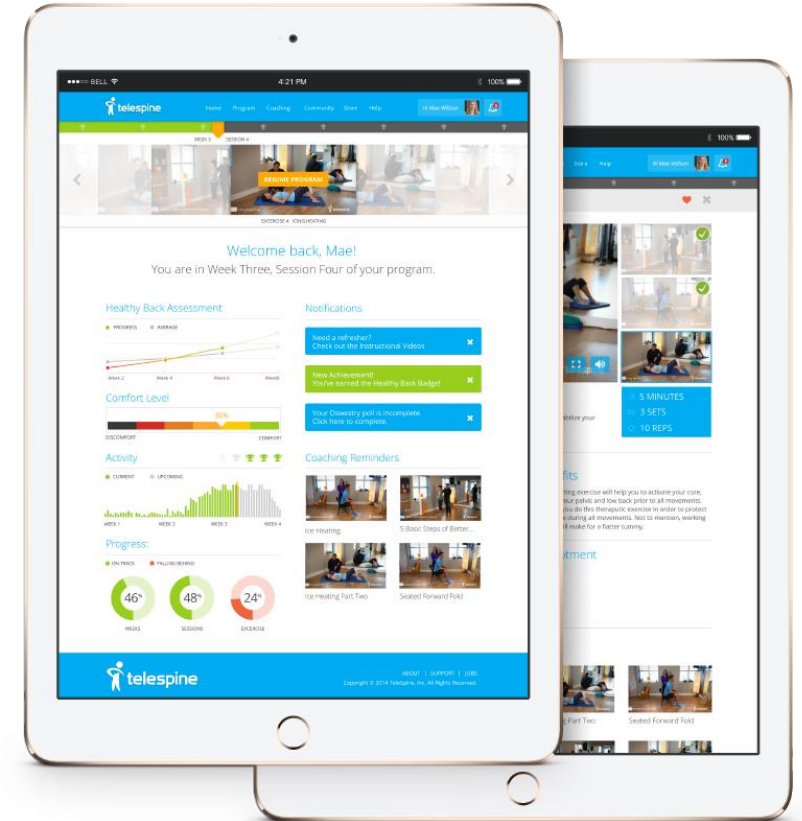
The screenshot shows the Teladoc program interface. At the top, there's a navigation bar with 'Home', 'Basics', 'Coaching', 'Articles', and 'Report'. A user profile 'Hi, Mark!' and a 'Tour' button are also present. Below the navigation, a progress bar shows 'Basics' completed and 'WEEK 1' through 'WEEK 8' with various completion indicators. The main content area features a video player for 'TrA Alternate Leg Drop' (WEEK 4 / SESSION 1 / EXERCISE 1). The video shows a person performing the exercise on a blue mat while a coach stands by. Below the video, there are buttons for 'Chat with a Health Coach' and 'Schedule a Consult'. At the bottom, a row of exercise thumbnails includes 'TrA Alternate Leg Drop', 'Up Up, Down Down', 'Lying ER Hip Stretch', 'Lateral Hip Stretch', and 'Standing Active Mobility'.

Easy-to-follow exercises

- Evidence-based program
- Core strengthening
- Decompression
- Mobility and movement
- Safety instruction

Ongoing monitoring and progress

- Advanced analytics
- Assessments
- Acuity screening
- Risk stratification
- Monitoring





The value of Back Care

Easy-to-access online
programming:
Convenient access



Easy-to-follow videos and
supportive coaching:
High member satisfaction



**High prevalence of
improved function**



Thank you!

