

# DINE<sup>®</sup> Healthy MVP

## A Corporate Wellness Software Suite To Improve Nutrition And Health

DINE Healthy MVP is the must-have suite for corporations to improve the food choices and physical activity of their **most valuable people**, their employees, for excellence in nutrition and health.

Poor nutrition and lack of physical activity are factors in the development of heart disease, certain cancers, stroke, and high blood pressure. Adult onset diabetes is on the upswing and an epidemic of overweight and obesity exists in the U.S. Poor nutrition is the leading contributor to medical expenses, premature death and disability.

The DINE Healthy MVP suite includes software for the employees to record and email their food choice files to the corporate wellness coordinator, and software for the coordinator to analyze the files. The reports provide easy-to-understand graphic analyses to motivate employees to improve their nutrition and achieve energy balance. The patented DINE Healthy clearly analyzes 'how well' or 'how poorly' the employees are complying with established national guidelines and employee-determined nutritional goals.

### DINE Healthy MVP will:

- ◆ Improve employee morale and job satisfaction,
- ◆ Increase employee productivity,
- ◆ Reduce employee illness and absenteeism, and
- ◆ Improve the corporate image to the community and to potential employees.

**DINE Healthy MVP** establishes the corporation as being a facilitator of its employees' wellness and nutritional health. This method is more effective than the distribution of pamphlets describing static diets, providing generalized dietary and weight management guidelines, or offering sporadic, short-term weight reduction programs.

With DINE Healthy MVP, employees can monitor their food choices, calories and physical activity behaviors over time. The reports take the guesswork out of food selections and energy balance.

Employees can identify whether they are consuming diets that are too high in fat, sodium, sugar and cholesterol and too low in fiber and calcium. Employees can develop dietary goals that can be electronically reviewed for continuous improvement.

### Corporate Costs:

DINE Healthy Nutrient Analysis, Diet Improvement software (Single Station):	\$ 129.00
Eating and Fitness Excellence eText Online:	Free

### Cost Per Employee:

DINE Healthy Food and Activity Log (Electronically Delivered, 6 Month Time Limited):	\$ 19.00
Eating and Fitness Excellence Book (Online at <a href="http://www.dinesystems.com/efetext">www.dinesystems.com/efetext</a> )	

Corporate-centered wellness is defined as care that is respectful of and responsive to individual employee preferences, needs, and values and is one of the key ingredients of corporate health care quality.

Software meets HIPAA and FERPA requirements.

<http://www.dinesystems.com> For sales or product information, please contact (800) - 688 - 1848 or [info@dinesystems.com](mailto:info@dinesystems.com)  
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### How MVP Works

#### Step 1 - Preparation

Employees electronically receive, the DINE Healthy Food and Activity Log for home use. Employees can download the link from the website or from email.

#### Step 2 - Recording

Employees complete food and activity logs. When completed the employee clicks 'Send' and the log electronically goes to the coordinator's desktop.

#### Step 3 - Analysis

The coordinator clicks on DINE Healthy Diet Improvement software to analyze the emailed diets for the employees' review and planning.

#### Step 4 - Intervention

Employees and/or coordinator refers to the Eating and Fitness Excellence eText, which will guide the employees to improve food choices and physical activity for weight loss and energy balance.