



savory living

IMPROVE YOUR LIFE

With Food



Healthy Eating & Cooking Behavior Change Program

Take **CONTROL** of How You Eat and Feel!

Learn How to Eat to Reduce YOUR Inflammation

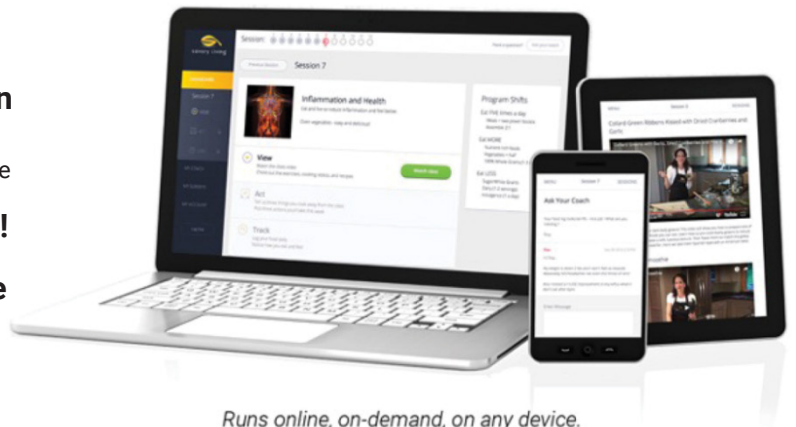
weight, energy, moods, digestive issues, headaches, joint pain, cholesterol/blood pressure/triglycerides, diabetes, heart disease

Learn to Cook & Flavor TONS of Healthy Foods!

Nutrition + Healthy Cooking + Behavior Change

Self-Paced. Runs 24x7. On Any Device.

Personalized to YOU. Includes a Coach.



Runs online, on-demand, on any device.

97% skills to eat better. 92% health improvements. 4.8-star rating. NPS 80. Proudly offered at:



Boost Your Food-as-Medicine Offering – Education & Skills & Behavior Change to:

**Drive
Engagement**

**Change
Behaviors**

**Prove Value
↑ Outcomes ↓ Costs**

Learn more at www.savoryliving.com

CASE STUDY

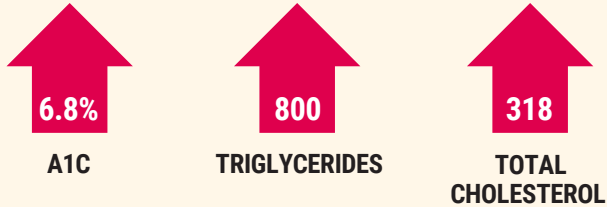
Older, At-Risk Member with Poorly Controlled Diabetes, CVD

BASELINE

Lester G., 74 year old male

- ✓ Diabetes education program, one-on-one sessions with dietitians ineffective

6 feet 1 inches. 225 lbs.



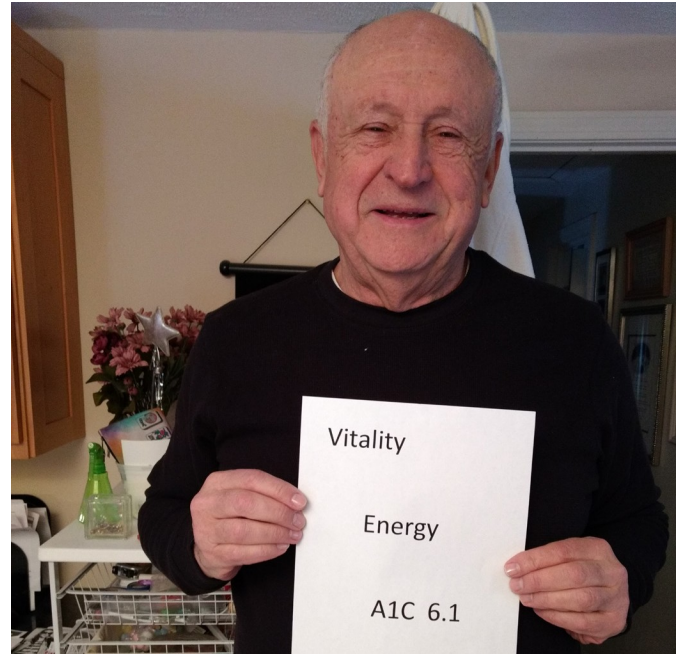
SOLUTION

Care Manager used Savory Living "Food as Medicine" program to drive healthy eating behavior change:

- ✓ Education (practical nutrition guidance)
- ✓ Healthy eating skills (cooking, planning & assembling)
- ✓ Self-efficacy (inspiration, confidence, support)

Fun, accessible, convenient, member-driven:

- ✓ Engaged with session content (self-paced, on any device, 24x7)
- ✓ Watched class (25 min), learned, and applied key topics to his life
- ✓ Picked actions & stayed accountable with log and coach (human)
- ✓ Time in program – 6 months



"It's now 3 years since I completed the program and I am down 60 lbs and not on any medications to manage my diabetes and cholesterol. My A1c is 5.7 and I love how I'm eating."

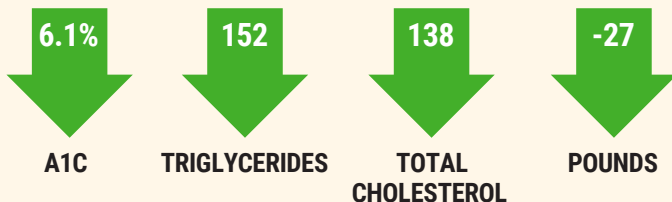
—Lester G., Member

"This program inspired Lester and taught him easy ways to change how he ate. Not only did he benefit, but it freed me up to use our sessions together to solve other issues for him. It really works and my members love it!"

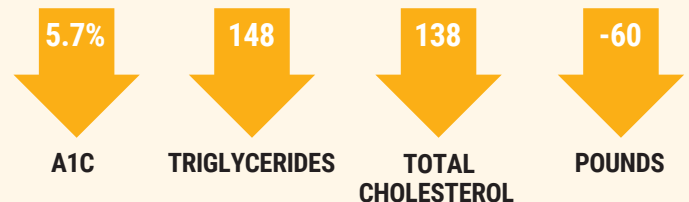
—Rosaly U., Case Manager

OUTCOMES

At 3 months...



At 3 years...



Learn how Savory Living can drive engagement and empower your rising and at-risk populations to eat to improve their health. Visit www.savoryliving.com, email info@savoryliving.com or call 617.651.1221.