



**Ortho
Foodie**
@Work

THE ORTHOFOODIE ADVANTAGE
Smart Nutrition for a High-Performing Workforce



Why Workplace Health is the Foundation of Success

The challenge many employees face isn't just about wanting to eat healthier, it's about accessibility. Many people believe that healthy eating is expensive, time-consuming, or difficult to maintain, while others simply lack the knowledge to make informed choices. This leads to a reliance on convenience foods that drain energy, reduce focus, and negatively impact long-term health.

At OrthoFoodie@Work, we break down these barriers by providing practical, affordable, and personalized nutrition strategies that fit into any lifestyle. Our approach ensures that every employee, regardless of background or budget, has the tools and guidance to make smarter food choices that fuel their performance and well-being.

But individual well-being doesn't exist in isolation. It directly impacts workplace performance. When employees struggle with low energy, poor concentration, or preventable health issues, it affects team dynamics, efficiency, and overall business success.

We expect peak performance from our teams. We expect focus, productivity, and consistent results, but are we providing them with the fuel they need to sustain this? Poor nutrition and unhealthy lifestyles don't just affect individual well-being; they lead to chronic fatigue, reduced concentration, and high absenteeism, costing businesses billions every year.

The good news is that this is **preventable**. Nutrition plays a crucial role in employee energy levels, cognitive function, and overall health.

OrthoFoodie@Work is an evidence-based solution designed to help companies strengthen their teams, reduce absenteeism, and optimize workplace performance.

Find out how OrthoFoodie@Work can transform your workplace today!



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INTRODUCTION





Hello!

I'm Mischulaikah

Welcome to **OrthoFoodie@Work** where we empower companies to build healthier, more productive teams. At OrthoFoodie@Work, our mission is to help businesses create healthier workplaces by equipping employees with the right nutrition for sustained energy, focus, and overall well-being. We believe that when employees feel their best, they perform their best.

My own journey with health challenges has shown me firsthand how nutrition directly impacts energy levels, cognitive function, and long-term health. Diagnosed with Mixed Connective Tissue Disease (MCTD), I experienced overwhelming pain that pushed me to explore the profound role of nutrition in recovery and performance. What I discovered transformed my life, and now, through OrthoFoodie@Work, I want to bring these insights into the workplace—helping teams thrive through better food choices.

What is OrthoFoodie?

OrthoFoodie is a term that combines two concepts:

- **Ortho:** From the Greek word **Orthos**, meaning "correct" or "right," emphasizing science-backed, optimized nutrition for long-term health.
- **Foodie:** A term for those who appreciate food for both pleasure and sustenance.


Together, OrthoFoodie represents a lifestyle that values the joy of eating while prioritizing health and performance through personalized, evidence-based nutrition.

What to Expect from OrthoFoodie@Work?

This program is designed to provide companies with practical, actionable strategies to improve employee health through nutrition. By integrating OrthoFoodie@Work into your workplace, you can:

- Boost employee energy and focus
- Reduce absenteeism and improve workplace performance
- Foster a culture of well-being that benefits both employees and the organization

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The hidden cost of
POOR WORKPLACE NUTRITION



Many companies assume that employee health is a personal responsibility. But what if poor nutrition and unhealthy lifestyle choices were actually costing your business millions?

The impact of poor nutrition is often underestimated. Unhealthy eating habits don't just lead to weight gain and chronic disease; they also result in:

- **Increased absenteeism:** Employees take an average of 7-10 sick days per year due to preventable health issues.
- **Decreased productivity:** Nutrition-related fatigue reduces performance by 15-20%.
- **Rising healthcare costs:** Preventable diseases cost companies billions in medical expenses.
- **High employee turnover:** Healthier employees are happier and more engaged with their work.

Did you know...?

- Employees experiencing regular energy crashes are **up to 20% less productive.**
- **Poor nutrition** can be just as damaging to your business as poor management.
- Just **one additional sick day per employee** can cost your company thousands annually

Studies with scientific evidence:

- A study by Fitzgerald et al. found that **central obesity increases absenteeism rates by 72%, while a high-quality diet and moderate physical activity reduce expected absences by 50% and 36%, respectively.** [Read more](#)
- A meta-analysis by Baicker, Cutler, and Song reveals that for every **\$1 invested in wellness programs, medical costs decrease by \$3.27, and absenteeism costs drop by \$2.73.** [Read more](#)

**If you want your company to thrive, you must start with the foundation:
the health of your employees.**



The role of Nutrition

MICRO'S AND MACRO'S



Despite the abundance of food options, many employees still experience nutrient deficiencies due to poor dietary habits. Modern workplace diets are often dominated by processed, calorie-dense foods that lack essential vitamins, minerals, and fiber.

This imbalance can lead to fatigue, decreased focus, and long-term health issues. Even when employees consume enough calories, they may still be missing the key nutrients their bodies need to perform at their best.

At OrthoFoodie@Work, we bridge this gap by helping companies prioritize nutrient-rich eating habits that support energy, productivity, and overall well-being in the workplace.

Nutrition = Fuel. But what if your team is running on the wrong kind?

You wouldn't expect a race car to perform on cheap, watered-down fuel. So why would you expect your employees to perform at their best on ultra-processed snacks and caffeine?

Healthy nutrition isn't a trend, it's a proven strategy for maximizing energy and productivity. **Micronutrients + Macronutrients = Energy**, and without this balance, employees experience fatigue, stress, and weakened immune function.

What the research says:

- Employees who get sufficient nutrients experience **25% more energy**.
- Proper hydration improves cognitive function by **14%**.
- Nutrient deficiencies lead to **higher absenteeism and increased stress levels**.

HOW ORTHOFOODIE@WORK helps companies

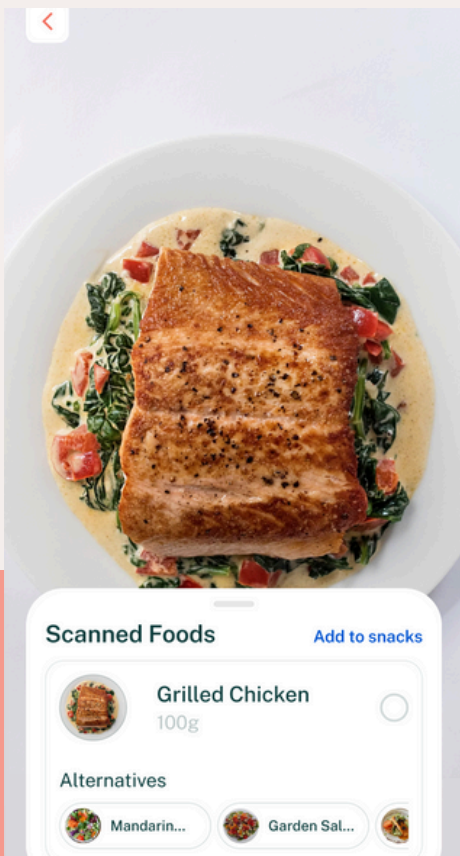
ORTHOFOODIE@WORK PROVIDES A SCIENCE-BACKED SOLUTION THAT EMPOWERS EMPLOYEES TO MAKE BETTER FOOD CHOICES WHILE GIVING EMPLOYERS REAL-TIME INSIGHTS INTO WORKPLACE HEALTH TRENDS.

By integrating personalized nutrition tracking, AI-driven recommendations, and educational modules, we help organizations cultivate a healthier, more engaged workforce.

With OrthoFoodie@Work, companies don't just promote wellness, they create an environment where employees can thrive, perform at their best, and reduce preventable health risks.

Here's how we make it happen:

- The OrthoFoodie App
- OrthoFoodie@Work Modules
- The OrthoFoodie Employer Dashboard



THE ORTHOFOODIE

app

The OrthoFoodie app is a powerful, real-time, adaptive tool designed to help employees track their nutrition, optimize their daily intake, and make better food choices effortlessly. Unlike traditional wellness programs, OrthoFoodie uses AI-driven technology to provide personalized, actionable insights that evolve with each user's habits and needs.

Features:

- 🍃 **Real-Time Adaptive Home Summary:** A dynamic dashboard that adjusts daily based on individual nutrient intake, energy levels, and activity, offering tailored recommendations in real time.
- 🍃 **Food Tracking & Analysis:** Employees can log their meals, get instant feedback, and identify nutrient gaps to make smarter food choices.
- 🍃 **AI-Assisted food suggestions:** The app provides personalized food suggestions that help employees meet their micronutrient and macronutrient needs efficiently.

By combining real-time tracking, AI-assisted insights, and personalized nutrition plans, OrthoFoodie ensures that employees can stay energized, productive, and engaged, all while companies gain access to actionable data to create a healthier, high-performing workforce.



ORTHOFOODIE@WORK

Modules

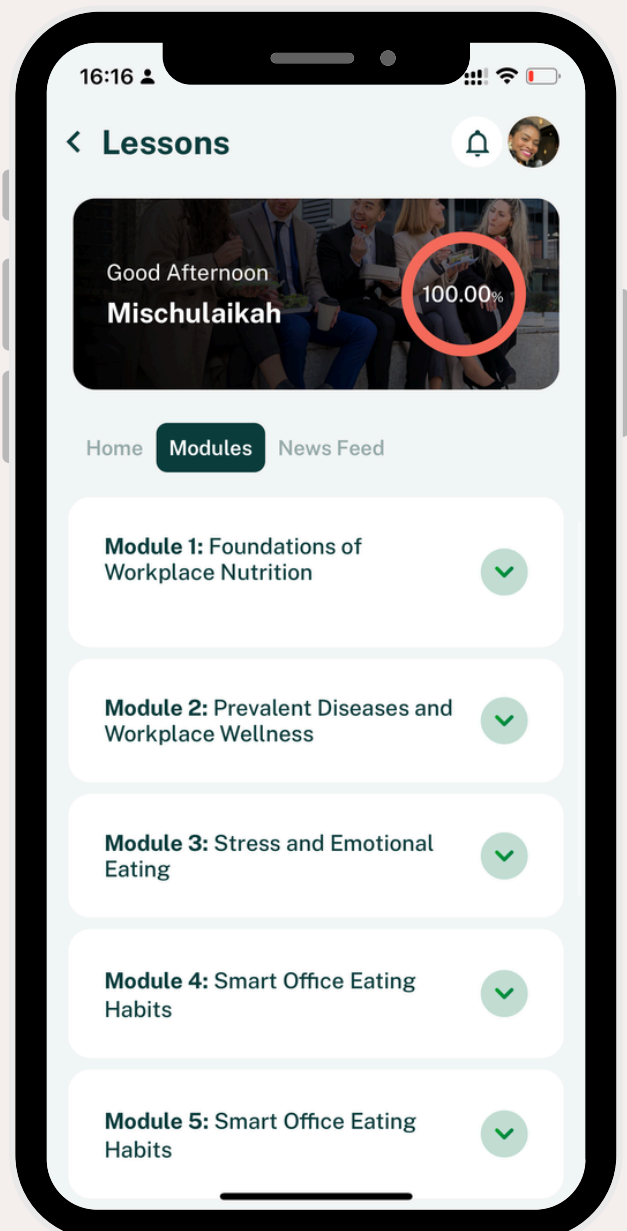
Creating a healthier, more productive workforce starts with education and action.

The OrthoFoodie@Work Modules provide employees with a structured, evidence-based approach to understanding and improving their nutrition and overall well-being.

Designed to be practical and engaging, our in-depth modules guide employees step by step through the fundamentals of workplace nutrition, disease prevention, and long-term healthy habits. Each module offers actionable strategies that employees can immediately apply to enhance their energy, focus, and resilience, both in and outside of work.

Here's What Employees Get in the OrthoFoodie@Work Modules

- 1. Practical Nutrition Strategies:** Learn how to make healthier food choices that sustain energy, focus, and overall well-being.
- 2. Disease Prevention & Management:** Understand the impact of nutrition on chronic conditions like obesity, diabetes, and cardiovascular disease.
- 3. Stress & Emotional Eating Solutions:** Gain tools to manage cravings, emotional eating, and workplace stress in a healthy way.
- 4. Smart Workplace Eating:** Discover easy, actionable ways to maintain a balanced diet even in a busy work environment.
- 5. Gut Health & Immunity Boosting:** Learn how digestion and gut health affect overall wellness and productivity.
- 6. Sustainable Health Habits:** Build long-term strategies to maintain a healthy lifestyle beyond the workplace.
- 7. Personalized Goal-Setting:** Create realistic, individualized health goals to improve well-being and performance at work.



ORTHOFOODIE EMPLOYER

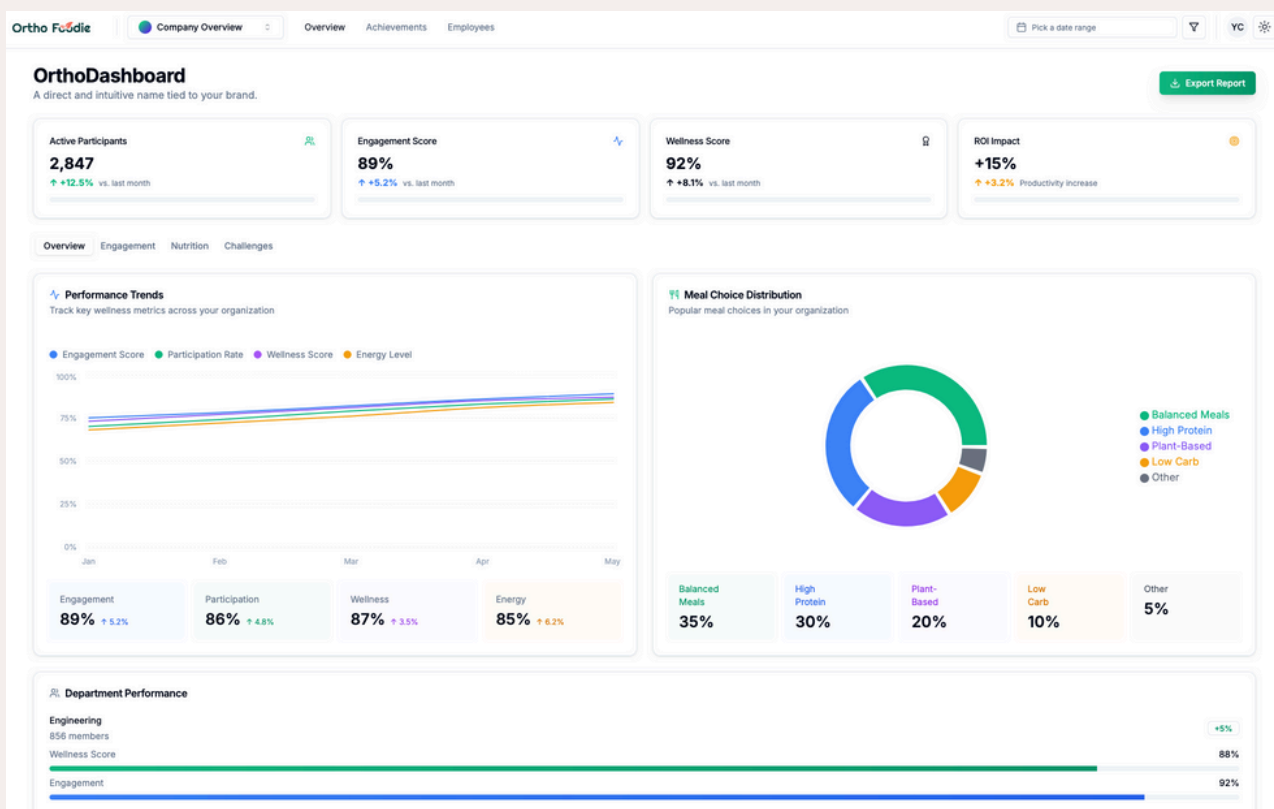
Dashboard

The OrthoFoodie@Work Employer Dashboard gives HR teams and management real-time, aggregated insights into employee nutrition habits, wellness trends, and productivity impact. This data-driven approach enables companies to proactively support employee well-being and foster a healthier, more engaged workforce.

With clear, actionable analytics, companies can:

- 1. Identify trends:** Gain visibility into nutrition habits, dietary gaps, and overall wellness patterns across your workforce.
- 2. Make informed decisions:** With insights from nutrition trends take proactive steps to support your workforce collectively, whether it's adding more fiber-rich options to the cafeteria, offering healthier snack alternatives, or creating workplace wellness initiatives that address specific needs.
- 3. Take targeted action:** Implement personalized workplace wellness initiatives based on real-time data.

By leveraging these insights, organizations like yours can enhance workplace well-being, reduce health-related productivity losses, and create a culture that prioritizes collective health.



Health as an **INVESTMENT**



It's widely acknowledged that investing in employee health yields measurable returns.

The data speaks:

1. **Increased productivity:** Healthy employees are more productive.
2. **Reduced absenteeism:** Workplace health promotion programs have been associated with significant reductions in absenteeism.
3. **Enhanced employee retention:** Companies that invest in employee health often see improvements in employee satisfaction and retention.
4. **Cost savings:** Employers can save an average of \$3,500 per employee per year through reduced health care costs and absenteeism.

What does this mean for your company?

For a company with 500 employees, these improvements can translate to up to \$1.75M in annual savings through increased productivity, reduced absenteeism, and lower healthcare costs.

Investing in employee health is not just a moral imperative but also a strategic business decision that can lead to measurable financial benefits.



Take the first step **TOWARD A MORE PRODUCTIVE WORKPLACE**

The future of work demands a proactive approach to employee wellness. One that goes beyond traditional perks and creates sustainable, measurable improvements in health, energy, and productivity.

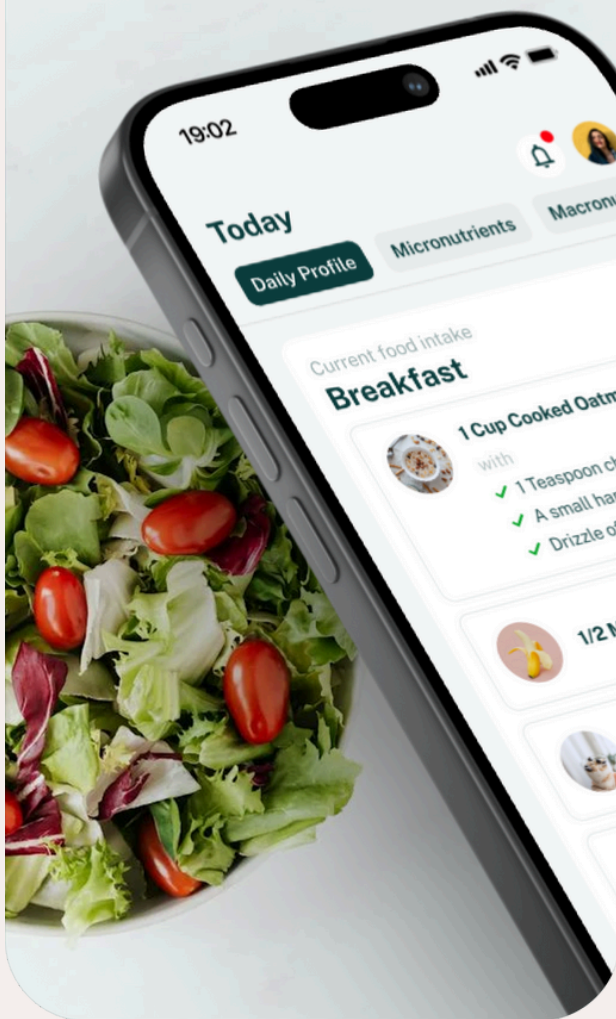
With OrthoFoodie@Work, companies can reduce absenteeism, boost employee engagement, and optimize workplace performance through science-backed, real-time nutrition solutions. Our platform equips employees with the tools, knowledge, and personalized support they need to feel their best, so they can perform at their best.



GET STARTED

Today

Your **#1**
Nutrition
App



Eat smarter and
healthier with
OrthoFoodie

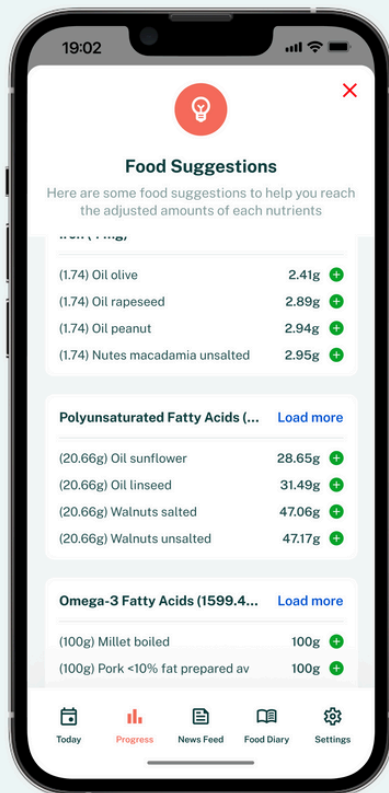


Experience the power of personalized nutrition with OrthoFoodie

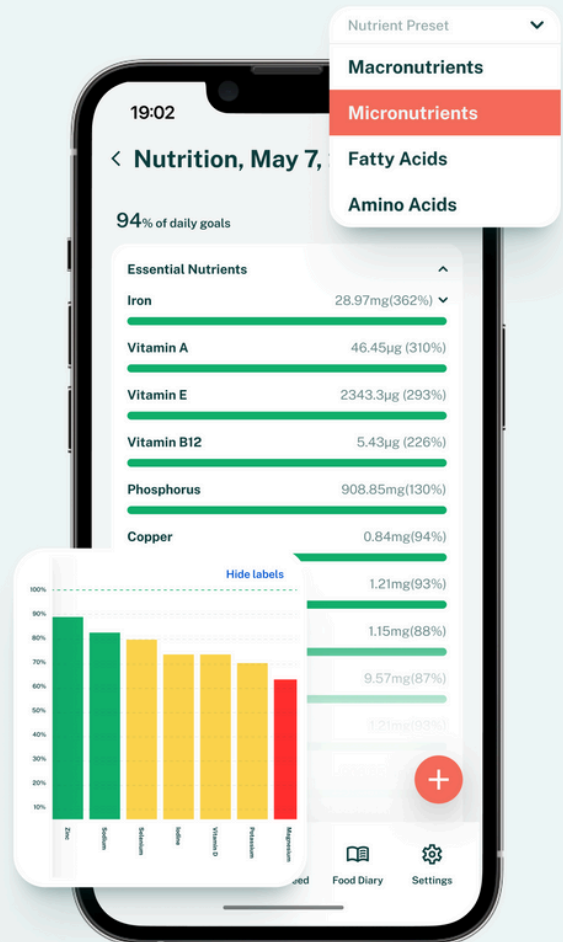
With OrthoFoodie@Work, employees can track their daily intake of macronutrients and micronutrients, ensuring they achieve the right balance for optimal health and performance.

Our app provides detailed nutrition reports, offering real-time insights into where employees are excelling and where they may have deficiencies, helping them make smarter, more informed food choices every day.

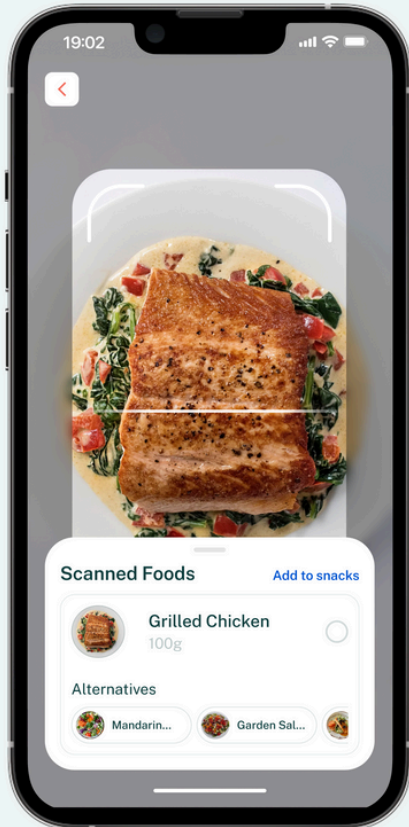
Food suggestions to meet your nutrition goals



Track your nutrition with OrthoFoodie



Easily scan the food off your plate

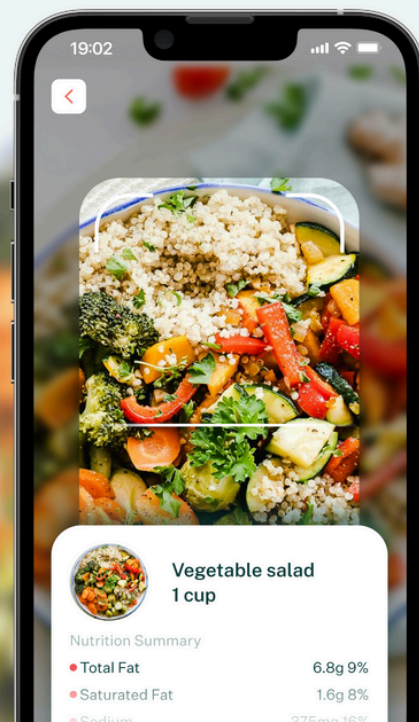
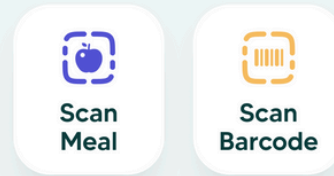


Let's get started! Contact us today at stephanie@orthofoodie.app to learn how OrthoFoodie@Work can transform your workplace, improve employee well-being, and drive measurable business success.

Healthy Employees = A More Successful Business. Let's Build a Better Future Together!

Are you ready to unlock the full potential of your workforce?

Scan barcodes and build your meal diary



CONTACT US TODAY!





You've Got This
And We've Got You!

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