H-E-B Nutrition Services

Personalized Wellness

Nutrition advice from our H-E-B Registered Dietitians from anywhere, anytime.

Powered by:
Your H-E-B Health & Wellness Team!

H-E-B health & wellness

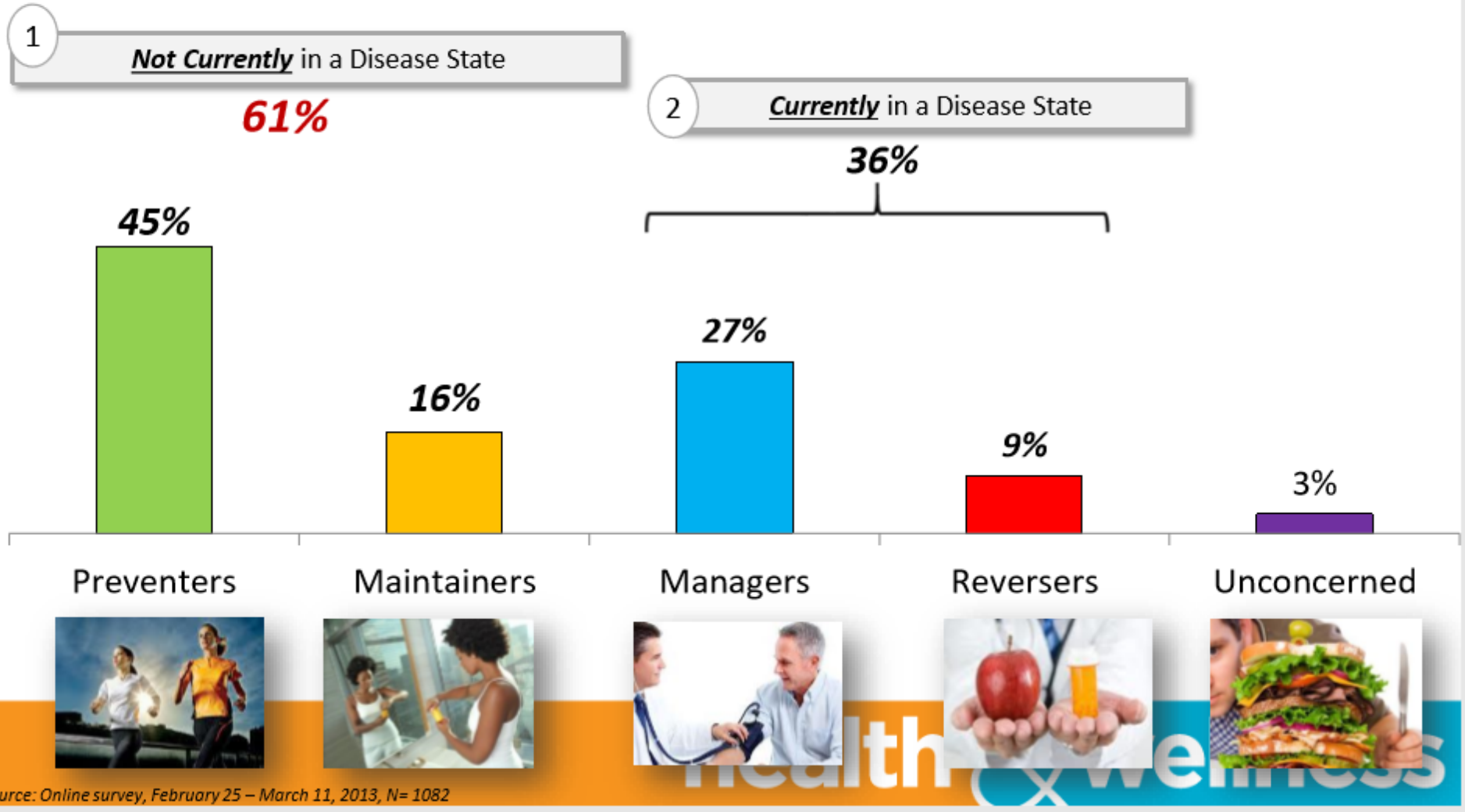
H-E-B Commitment

"As one of the largest sellers of food in the state of Texas,
we have a responsibility
to do what is right and to take a leadership role in
improving the health
of our Partners, our Customers and our Communities."

~ President & COO Craig Boyan

H-E-B health & wellness

Customers at All Income Levels Care about Health



Our Core Beliefs

- All health is individual
- It is important to meet people where they are
- Our goal is to help individuals make "informed choices" for themselves and the people they care about

Educate all audiences –
from those starting their journey
to those crossing finish lines

H-E-B health & wellness

H-E-B Nutrition Services Team

- Licensed Registered Dietitian team that provide medical nutrition therapy accredited by the Academy of Nutrition and Dietetics
  - Experience ranges from 1-10+ years in in/out patient counseling, clinical, community, foodservice, marketing, health promotion, and retail

Specialty backgrounds (Certified Diabetes Educators, Bilingual, Weight Management, Digestive Sensitivities, Retail Product Knowledge)

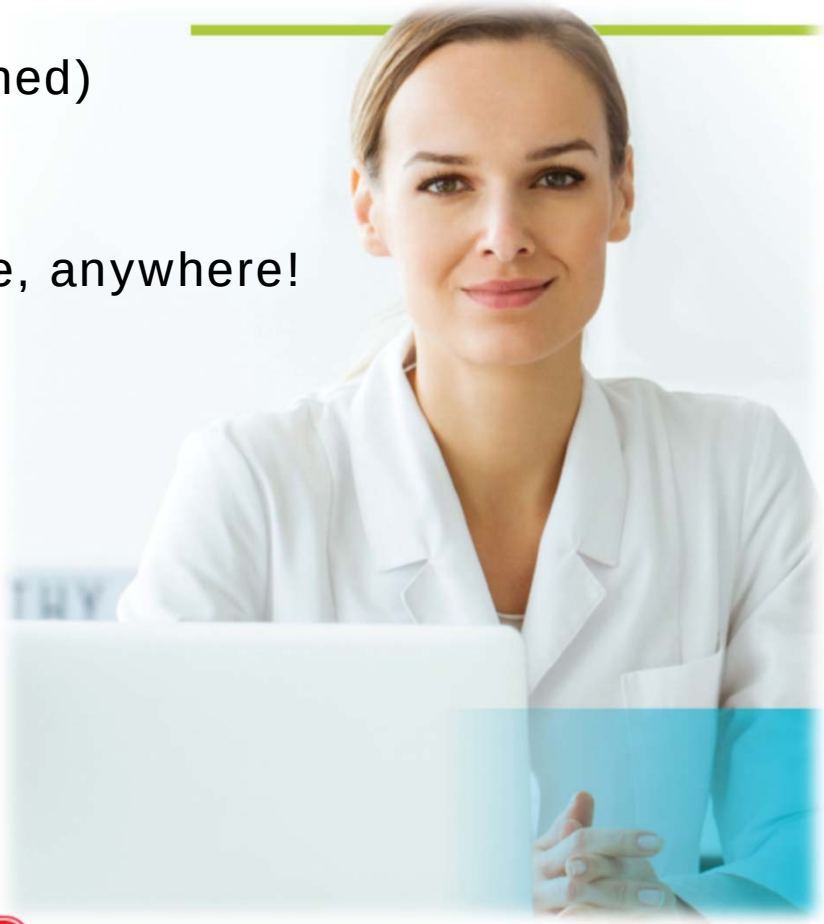
Team includes:

- 8 Full Time Registered Dietitians
- 17+ Contract Registered Dietitians
- Servicing over 70 H-E-B Store Locations across the state
- Full time Scheduling Support

H-E-B health & wellness

H-E-B Nutrition Services Provided

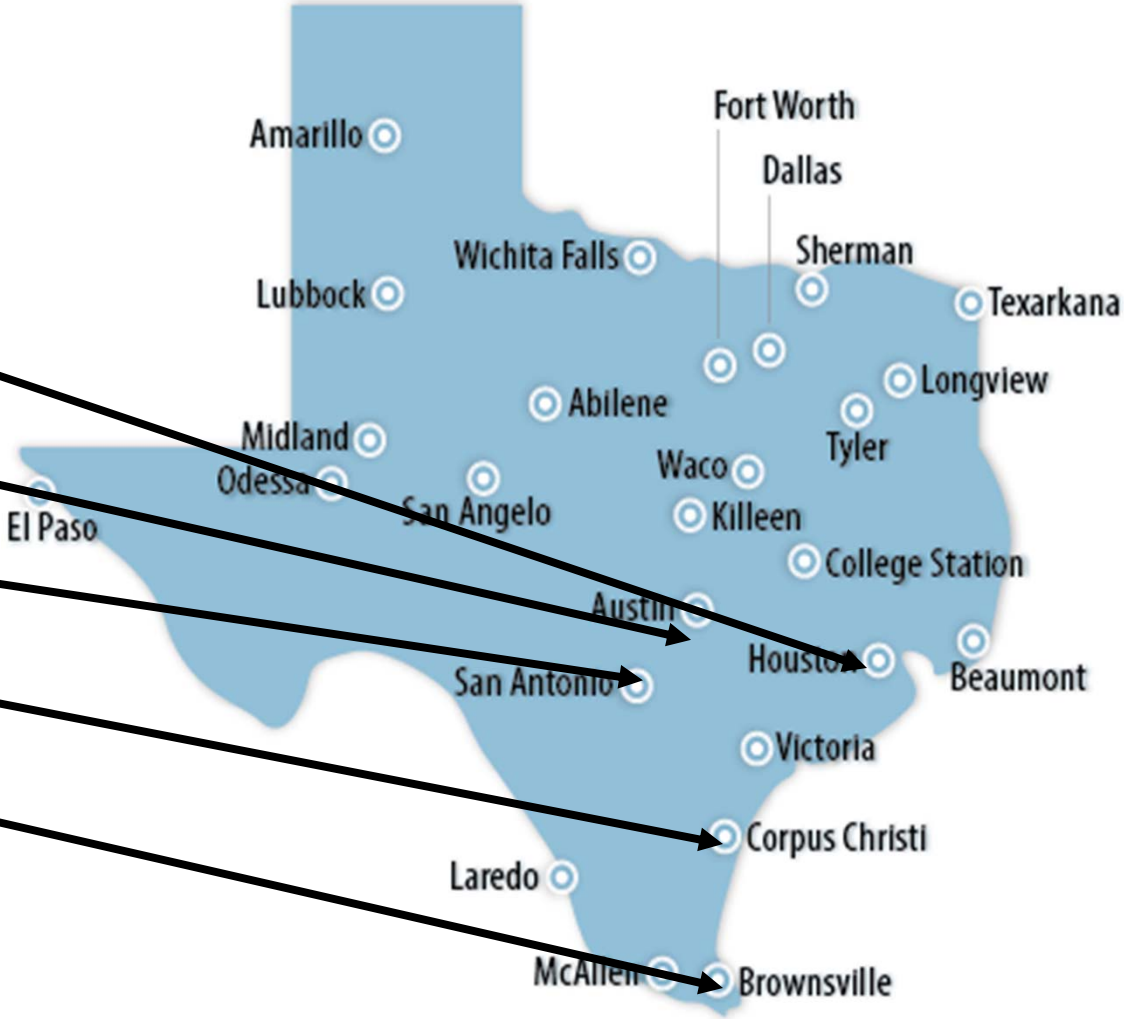
- One-to-One Counseling In Person
  - Select H-E-B Stores (listings attached)
- Virtual “Telehealth” Counseling
  - Visit a Registered Dietitian anytime, anywhere!
- Worksite One-to-One Counseling
  - Have a Dietitian on your site to consult employees!
- Virtual Worksite Education
  - Wellness Webinars
  - Virtual Health Coaching



H-E-B health & wellness

In-Store Patient Service Locations

REGIONS
HOUSTON
CENTRAL TEXAS
SAN ANTONIO
GULF COAST
BORDER



H-E-B health & wellness

Virtual Coverage Across the State

H-E-B health & wellness

When individuals connect with an H-E-B Dietitian, we have seen these positive health outcomes:

Behavior	Biometrics	Cost Savings
Participants prepare more meals at home and dine out less	2-27% improvement in biometric outcomes (blood pressure, cholesterol, glucose)	A 1% reduction in high blood pressure, glucose, and cholesterol
They are more likely to purchase “better for you” foods, consume foods higher in fiber, protein and healthy fats	5% reduction in medication costs and increased medication compliance	Reduce medical costs by $83-$103 per person in year *

* CDC: At A Glance 2015: Workplace Health Promotion.

In-Network Insurance Carriers

- In-network with most insurance carriers
  - Many carriers cover Nutrition Services at 100%, no copay
- We Accept Flex Spending Accounts
- Affordable Cash pay options available
  - Initial: $85/per visit
  - Follow Up: $65/per visit

Insurances That We Accept

- Aetna Better Health Medicaid STAR
- Aetna Better Health CHIP
- Aetna Better Health Medicaid STAR Kids
- Aetna EPO Plans
- Aetna HMO Plans
- Aetna Medicare Plans
- Aetna PPOPlans
- AmBetter from Superior Health
- BCBS Blue Advantage HMO
- BCBS CHIP
- BCBS- HMO
- BCBS Medicare Advantage HMO
- BCBS Medicare Advantage PPO
- BCBS ParPlan
- BCBS- PPO
- BCBS STAR Kids
- BCBS STAR Medicaid
- BCBS STAR Plus
- Blue Essentials HMO/ HealthSelect (ERS)
- BlueChoice PPO Plans
- Humana Medicare PPO Plans
- Humana Choicecare Commercial EPO Plans
- Humana Choicecare Commercial PPO Plans
- Humana Choicecare Medicare PFFS Plans
- Humana Choicecare Medicare PPO Plans
- Humana Commercial EPO Plans
- Humana Commercial HMO Plans
- Humana Commercial POS Plans
- Humana Commercial PPO Plans
- Humana HMOx Plans
- Humana Medicare HMO Plans
- Humana Medicare Network PFFS Plans
- Humana Medicare POS Plans
- Medicare
- Multiplan
- Oscar Health Plan
- Superior CHIP
- Superior Medicaid
- TMHP CHIP
- TMHP CHIP Perinate
- TMHP STAR
- TMHP STAR Health (Foster Care)
- TMHP STAR Kids
- TMHP STAR PLUS
- TMHP STAR PLUS MMP
- Traditional Medicaid (TMHP)
- Christus Health Plan
- Christus Health Plan (Medicare Advantage)
- Christus Health Plan (Healthcare Exchange)
- US Family Health Plan(TRICare Prime)
- United Healthcare

Grocery Shopping Tours

- Learn to navigate the store with a Registered Dietitian, save money, and read food labels to make better choices.

H-E-B health & wellness

Cooking Demonstrations

- Have a Registered Dietitian prepare a meal on-site for your employees.
  - Samples provided

H-E-B health & wellness

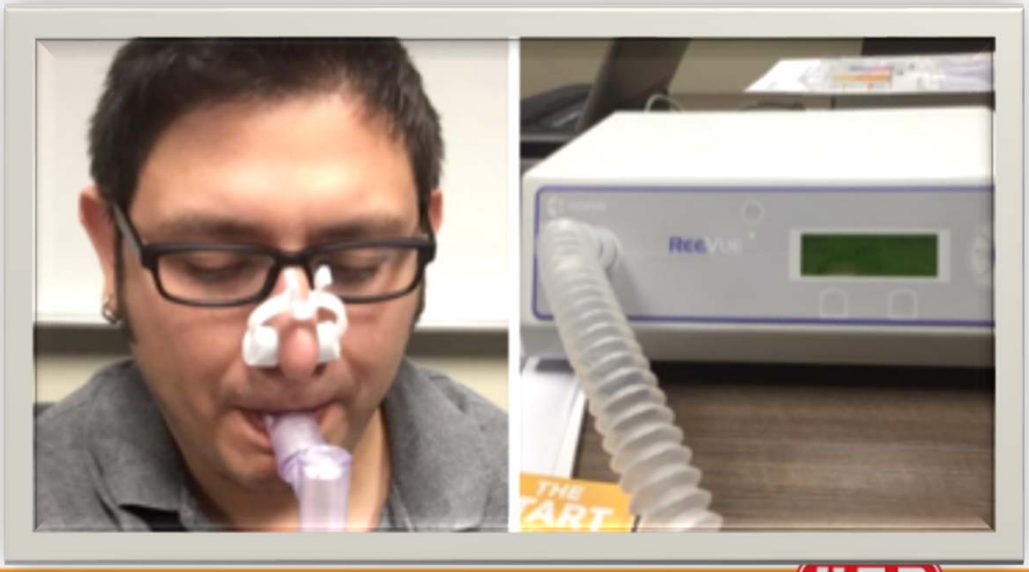
Group Classes

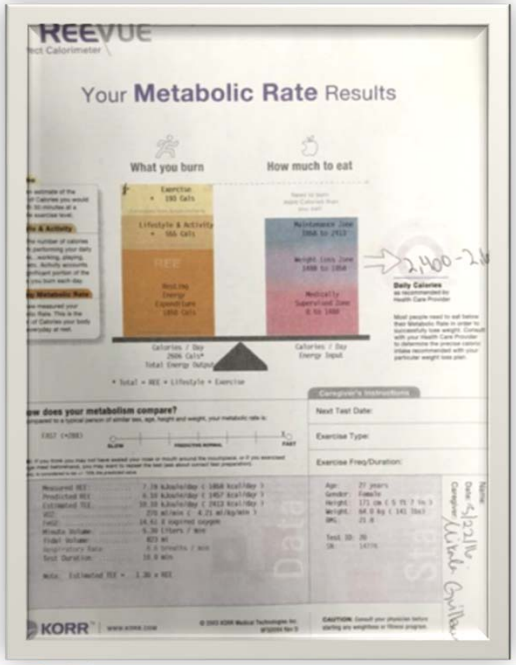
- Have a Registered Dietitian engage with employees in a group class setting with a variety of topics
  - Diabetes Management
  - Emotional Eating
  - Fad Diets
  - Meal Planning/Prep & Shopping
  - Fundamentals of a Healthy Diet
  - Super Foods
  - Eating Out Right
  - Allergy Awareness
  - Calorie Awareness
  - DASH Diet
  - Surviving the Holidays
  - New Year, New You
  - And More!!!!

H-E-B health & wellness

Metabolic Testing

- Test to determine SPECIFIC calorie needs!
  - Find out how fast YOUR metabolism is!
  - 10-minute breathing test





Pharmacy Services

- Onsite Vaccinations
  - Flu
  - Hepatitis A
  - Hepatitis B
  - Pneumonia
  - Meningitis
  - HPV
  - Shingles
  - MMR
  - Tetanus/Pertussis
  - Typhoid
  - Varicella

Group events require 3 weeks' notice and a minimum of 40 participants per hour. We accept most insurance plans and can make invoicing arrangements for self-paid groups.

Pharmacy Services

- Health Screenings
  - Know your numbers!

	Price per participant (min 40)		
Screening Package (3 weeks' notice required)	**1-40**	**41-100**	**101+**
Comprehensive Screening package: Blood Pressure, Blood Glucose, Full Lipid Panel (Total Cholesterol, HDL, LDL, Triglycerides), Weight/BMI, Waist Circumference	$49.99	$45.99	$40.99
Standard Screening Package: Blood Pressure, Blood Glucose, Total Cholesterol, Weight/BMI, Waist Circumference	$19.99	$17.99	$17.99
Diabetes Education Package: Comprehensive Screening plus A1C	$79.99	$75.99	$70.99
Basic Screening Package: Blood Pressure, Blood Glucose, Total Cholesterol	$14.99	$14.99	$12.99

H-E-B RxTRA Advantage Helps You Regain Control Of Your Drug Spend!

Prescription drug spending continues to be one of the most pressing concerns for employers when it comes to health care costs. What are you doing about it?

Are You a Self-Funded Employer and Looking For A Solution to Your Rising Pharmacy Spend?

Uncover the Savings!

- Transparent and Pass-Through Model
- No shell games
- No hidden fees
- 100% pass-through on rebates
- Network access for all of your employees

A Local Solution and a Trusted Source!

- Pharmacy Account Management Team in San Antonio
- H-E-B Pharmacy has over 300 pharmacies across Texas
- H-E-B Specialty Pharmacy services are available
- H-E-B Compound Pharmacy
- Delivery options available

Act Now!

- Call us today and ask about a reprice exercise at no cost
- Let's talk about carving-out the PBM from the Medical plan

Call Us Today:

Manuel Perez
210-938-8735
Perez.Manuel@heb.com

Elva Menchaca
210-938-7373
Menchaca.Elva@heb.com

H-E-B health & wellness

What are People Saying?

"I very much appreciate the wellness clinics offered at my job."

"My dietician was extremely helpful! She answered all my questions and was a great listener. She would even ask if I had any more questions and seemed concerned if I understood everything. She even took the chance to tell me that she was impressed with the efforts I was putting into my weight loss journey. I was so relieved and ended our virtual meeting even more motivated than before."

"[The dietitian] was amazing!! Very down to earth and made it easy to relate and understand our classes. She is very professional, exhibits a great sense of patience and makes you feel extremely welcomed to her classes. She was phenomenal!!"

Thank you!

Please contact
Mikala Guillaume, RD, LD
with any follow up questions or requests.

Phone: 210-323-5010
Email: sessa.mikala@heb.com
www.heb.com/nutrition