



# Helping people improve their lives, eat better, and live longer



## What is Medical Nutrition Therapy?

Nearly 1 in 2 Americans suffer from health conditions associated with their diet. On account of obesity, heart disease, stroke, type 2 diabetes, and as many as 13 types of cancer, it's estimated that **our diet amounts to \$4.1T in healthcare costs each year.**<sup>1</sup>

**Medical Nutrition Therapy** (MNT) is a tailored approach to treating medical conditions through nutrition interventions. It's provided by

registered dietitian nutritionists and involves specific dietary plans, nutrient supplementation, and lifestyle changes. MNT is essential for managing and preventing diseases, making it a vital part of chronic condition education and management.<sup>2</sup>

At Fay, we've made it more accessible for people to receive MNT counseling, and **we only use Registered Dietitian Nutritionists.**

## Why Fay?

Fay is integrated with the nation's leading carriers, as well over 800 health plans, so 95% of people with standard insurance can see a Registered Dietitian for as little as \$0.



Fay has helped tens of thousands of people regain control of their lives through MNT, resulting in **meaningful mental and physical health outcomes.**



85 %

of people reach or maintain their target weight



9 out of 10

people adopt behaviors that improve their health and wellbeing.



93 %

improve their relationship with food

Food is intrinsically linked to our health and wellbeing. People work with a dietitian through Fay make lifestyle changes that have immense benefit to their physical health.

95 % avoid partial or full hospitalization

79 % of people safely reduce or avoid use of medication

## How Fay Works



Each member selects their **Registered Dietitian** from our board-certified network, with specializations in over 30 nutritional medical conditions.



Nutritionists and members meet 1-on-1 to design a plan that is customized to their needs, including: **journaling, meal planning, lifestyle changes**, and a number of other methods that are **clinically proven to work.**



Members incorporate healthy habits and lifestyle changes that lead to **lasting health outcomes.**

## Let's talk

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1 - CDC Chronic Disease Prevention and Health Promotion (2023)

2 - CDC DSMES Toolkit (2024)