

# Balance Nutrition: Redefining Workplace Health



HEALTHY EMPLOYEES. HEALTHIER WORKPLACES.

We transform workplace wellness and help people and organizations stay healthy through science-backed nutrition plans that actually work. Instead of just sharing tips, we provide personalized programs that deliver measurable health improvements and real results for your organization's **success**.

# Meet the Visionaries

Khyati Rupani  
Founder & Chief Nutritionist

Vishal Rupani  
Founder & CEO

Together, they create a **balanced approach** —  
scientifically sound and business-oriented.



# The Business Imperative for Corporate Wellness

## Employee Health

Prioritize physical and mental well-being

## Productivity Gains

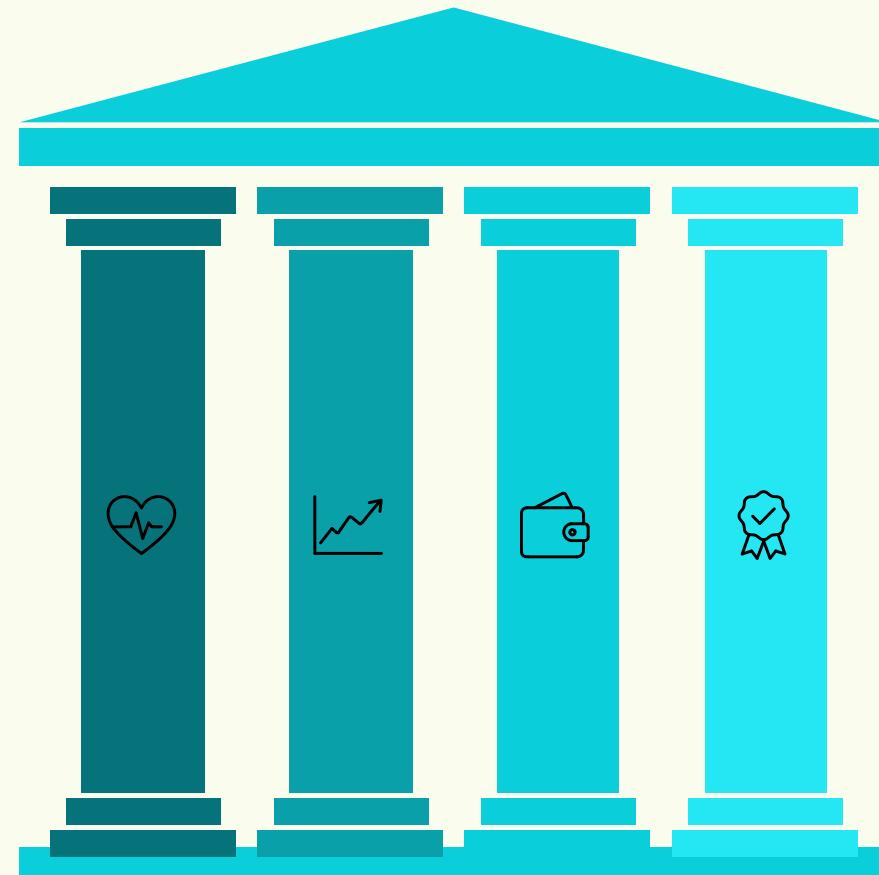
Reduce absenteeism and boost output

## Cost Reduction

Lower healthcare and turnover expenses

## Employer Brand

Attract and retain top talent



## Rising Health Costs

Lifestyle ailments increase absenteeism and healthcare expenses dramatically

## Low Engagement

Generic wellness programs deliver minimal ROI and poor participation rates

## Prevention Over Reaction

Corporates need preventive health strategies, not reactive solutions

## Modern Workforce Demands

Employees expect personalization, convenience, and measurable impact

- Wellness isn't a perk, it's a strategic business lever that drives performance and reduces costs.

# What Makes Balance Nutrition Different

We are more than just a wellness vendor. Balance Nutrition turns "*feel-good*" initiatives into **measurable health results** by combining clinical expertise with practical, everyday solutions.



## Clinical Nutrition-Led

We are not fitness-led. Our foundation is medical-grade nutritional science



## Data + Action Framework

We measure, intervene, and improve with continuous tracking



## Personalized Health Plans

Tailored programs based on individual needs and goals



## Risk Segmentation

Department-wise analysis with actionable dashboards for leadership



## Continuous Engagement

Ongoing support and interventions, not one-off sessions

# Balance Nutrition Product Ecosystem

BN SHOP

Science-backed nutrition for the modern office. Our curated products are designed to integrate easily into the workday while delivering real health benefits you can measure.

## Healthy Meal Replacements

Complete nutrition for busy professionals on the go

## Smart Snack Alternatives

Satisfying options that fuel productivity without the crash

## Hydration Boosters

Enhanced hydration for optimal cognitive function

## Functional Supplements

Targeted support for energy, immunity, and performance

- Our products help employees stay energized, focused, and healthy. We focus on boosting energy, balancing metabolism, and supporting immunity with solutions that fit perfectly into the workday.

# Nutrition That Works For Your Workplace



## Cafeteria & Meal Planning

Structured meal solutions for healthier choices at work, aligned with productivity and metabolic balance



## Manage Cheat Hours (5-7 PM)

Targeted interventions to reduce unhealthy snacking with healthy alternatives and guidelines for craving windows



## Workshops & Webinars

Practical education on nutritional habits with high engagement and actionable takeaways, not just theory



## Active Health Centers

On-site nutritionists and dietitians providing real counseling integrated into work schedules



## Personalized Diet Programs

Tailored plans based on preferences, roles, and health markers for maximum effectiveness



## Targeted Checks for High-Risk Employees

Early detection and preventive care strategies to address health concerns before they escalate



## Success Stories

“Balance Nutrition transformed our workplace culture. Employee satisfaction scores increased by 35% and we saw a measurable reduction in sick days within the first quarter.

— **HR Director, Fortune 500 Company**

“The personalized approach made all the difference. Our team members actually engaged with the program because it addressed their individual needs, not generic advice.

— **Wellness Manager, Tech Startup**

“We've seen a 28% reduction in healthcare costs and a significant improvement in employee energy levels and productivity. This partnership delivers real ROI.

— **CFO, Manufacturing Corporation**

Our clients experience measurable improvements in employee health, engagement, and business outcomes. These testimonials reflect the transformative impact of our nutrition-based approach to workplace wellness.

# What Gains from This Partnership

## Business & People Outcomes

- Lower healthcare costs
- Higher employee engagement & satisfaction
- Reduced absenteeism
- Better performance & morale

**35%**

### Engagement Increase

Average improvement in employee satisfaction

## Leadership-Level Value

- Health Index dashboards for strategic decisions
- Real data over anecdotal wellness trends
- Culture of health that boosts employer brand

**28%**

### Cost Reduction

Projected healthcare expense savings within first year

## Employee Benefits

- Personalized, convenient, practical tools
- Ongoing support & real results
- Less stress, better habits, higher energy

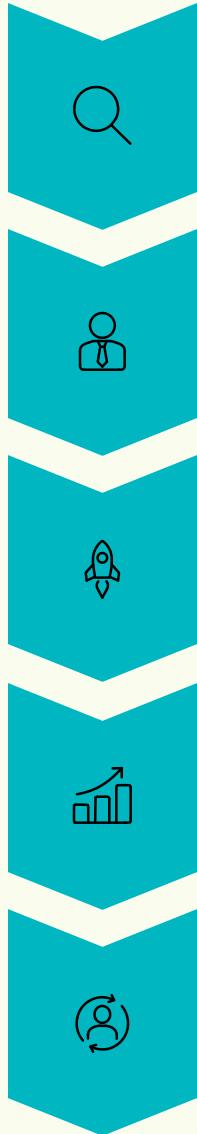
**40%**

### Productivity Boost

Expected improvement in energy and performance metrics

# Our Engagement Framework

We don't believe in quick fixes. Our structured journey is built for sustainable success, integrating smoothly into your organization to provide value from day one.



## Discovery & Baseline

Comprehensive health assessment to establish starting metrics

## Program Design

Customized wellness strategy tailored to your organization

## Implementation

Workshops, coaching, cafeteria integration, and product rollout

## Track & Report

Progress monitoring with actionable insights and dashboards

## Iterate & Scale

Continuous improvement and expansion across the organization

- ☐ **Flexible Models:** We offer quarterly programs, annual wellness partnerships, or permanent wellness ecosystem support to match your needs.

# Partnership Roadmap & Next Steps

## 1 Pilot Phase (8-12 weeks)

Baseline assessment and outcome comparison with select employee groups

## 2 Review & Insights Presentation

Comprehensive analysis of pilot results and recommendations for full rollout

## 3 Corporate Rollout

Phased expansion across departments and locations with dedicated support

## 4 Ongoing Support & Health Tracking

Continuous monitoring, optimization, and strategic health management

### Contract & Agreement

Formalized partnership terms and commitments

### Implementation Plan

Detailed timeline and resource allocation

### KPIs Aligned with JLL Goals

Measurable outcomes tied to business objectives

### Dedicated Support Team

Your committed wellness partnership specialists

Let's formalize the collaboration and launch the pilot for measurable workplace health gains.

