

# win.

family-building &  
family-wellbeing

# nutrition support



WIN's in-house health coach provides guidance and tools to enrich our members' health, well-being, and natural fertility - setting the foundation for better outcomes throughout their family-building journey.

## Enhance nutrition

Expertise in developing a nutrition plan that meets members' individual challenges, preferences, and dietary needs.

## Achieve health goals

Assistance setting personal health goals and developing a clear plan to help members successfully achieve those goals.

## Adopt healthy lifestyle habits

Guidance in making sustainable lifestyle changes to improve physical health and mind-body positivity.

## Access educational resources

Curated articles are conveniently available through an extensive digital content library in the WINFamily App to help support each member's journey.

**supporting employee well-being is a win-win for everyone**

Speak with a WIN benefit expert today at [winfertility.com/request-a-demo](https://winfertility.com/request-a-demo)

