# Nourish Labs: Quick-Start Guide



### What's new?

- 1 One-click lab requests in the Provider Portal
- 2 Free basic lab panel for eligible patients
- 3 Coordinated patient scheduling

- 4 Integrated results view
- 5 Critical-value support from partner clinicians
- 6 Outlined SOP to support nutritional coaching

# Why this matters to you and your patients

#### Personalized, data-driven care.

Labs turn short-term goals into measurable, science-backed targets you can track together.

#### Stronger engagement and retention.

When patients see evidence of their concrete wins, their motivation spikes and session attendance stays high, driving better long-term outcomes.

#### Instant access + zero patient cost.

One app-click books a free draw at a local lab location - no paperwork, co-pays, or doctor chase - eliminating friction so more patients access the tests they need.

# When to request labs

#### Baseline



We recommend a panel if an adult (18+) has no documented lipid panel and HbA1c drawn within the past 90 days.

#### Follow-up testing



Reference the Clinical Resource Guides and use your judgment. Generally, we recommend at least 12 weeks (~3 months) between a patient's last blood draw and any follow-up panel.

## How it works

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Click "Request Lab Panel" in portal



Request is routed to our clinician partner network to review and sign the requisition



Patient receives email to schedule lab draw

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Partner clinician monitors results and contacts patient to support critical values



Patient books and completes lab draw

Results are posted to portal - patient and RD both receive email/alert when available



Review results, deliver nutritional guidance, and advise PCP review



Document revised care plan and schedule follow-up labs when clinically appropriate