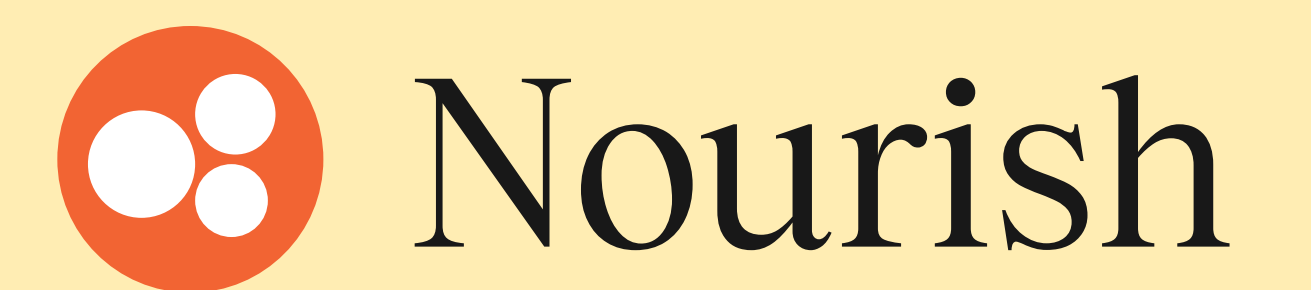


# Nourish Labs: Quick-Start Guide



## 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

