

Why labs?

Personalized, data-driven care

Labs reveal what's happening beneath the surface, so your dietitian can tailor your plan to your body's needs.

Clear progress you can see

Labs turn your hard work into measurable wins - helping you track improvements longer term.

Simple, free, and stress-free

One app-click books a free draw at a local lab location - no paperwork, co-pays, or doctor chase.

What's included

- ✓ **Cholesterol (Lipid) Panel**
Helps track heart health and risk for cardiovascular disease
- ✓ **Hemoglobin A1C**
Shows how well your body is managing glucose and diabetes risk
- ✓ **Basic Metabolic Panel**
Monitors kidney function, hydration, and overall metabolic health
- ✓ **Thyroid (TSH)**
Checks how well your thyroid is supporting energy and metabolism

14 unique biomarkers. ~~\$50~~ \$0 for Nourish patients!

How labs guide your care

Turn numbers into action

Your RD translates each lab value into daily nutrition and habit changes - creating a clear, personalized roadmap.

Make progress visible

Labs provide concrete evidence of improvements, which boosts motivation as you see the impact of your efforts.

Stay on track long term



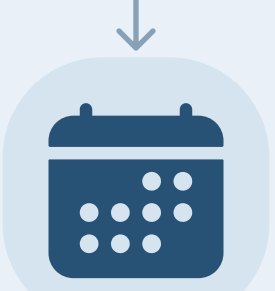
Frequent lab testing enables your RD to ensure changes are sustainable and support you through any setbacks.

Partner with your PCP


For formal medical interpretation, diagnosis, or treatment, Nourish recommends sharing all results with your primary care provider.

How it works



Step 1: Book your visit

-  Your RD recommends a lab panel
-  A clinician reviews and signs the lab order
-  You receive an email to book your lab appointment

Step 2: Go to the lab

-  Complete your lab draw — no payment or insurance required!

Step 3: Get your results

-  Results are shared with you and your RD when available
-  Your RD will review results, deliver nutritional guidance, and update your care plan