



# Improved Outcomes through Greater Engagement with Nourish

How engagement with a dietitian-led program drives clinical outcomes for high-acuity patients

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# About Nourish

Nourish is the country's largest dietitian-led metabolic health clinic, building the first AI-native virtual care model to tackle America's healthcare crisis and reverse chronic disease. By pairing 10,000+ registered dietitians with an AI-enabled platform, Nourish provides personalized care that delivers clinically meaningful outcomes. Through Nourish's partnerships with the nation's largest health plans, health systems, and employers, this care is available to over 200 million Americans across all 50 states.



## Care calibrated to patient need

The Nourish care model is purpose-built to drive outcomes by calibrating care intensity to clinical need, matching patients to condition-specific pathways based on diagnosis and acuity.

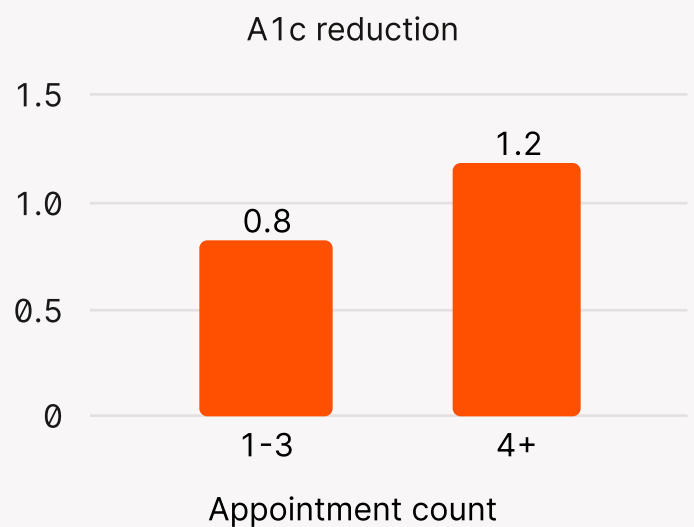
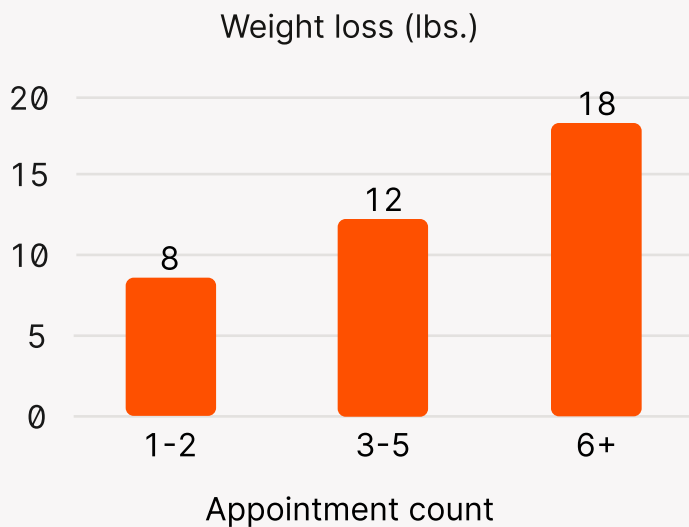
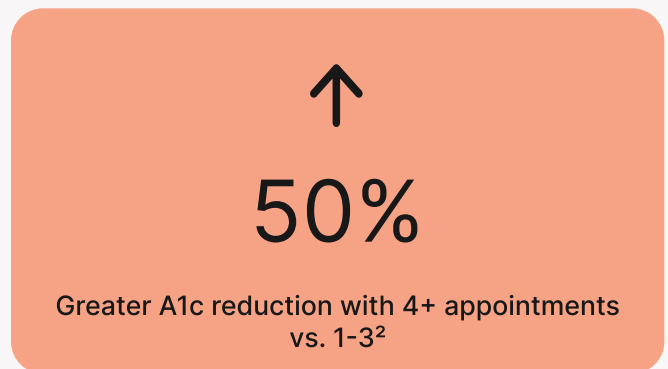
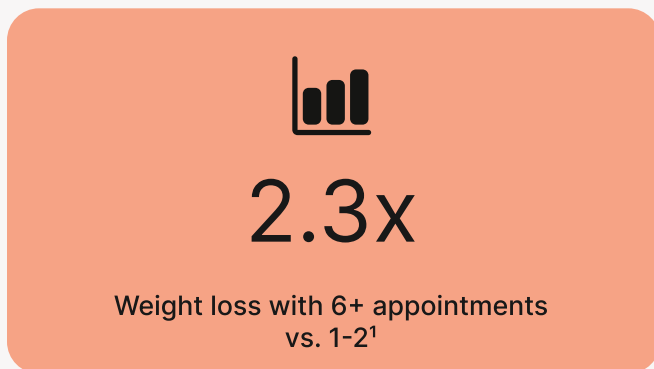
Every Nourish patient works with a registered dietitian (RD) and receives a comprehensive care plan built around their personal goals, conditions, and clinical complexity. Care is then tailored to individual patient needs in coordination with existing providers, and when clinically appropriate includes lab testing, GLP-1 prescription and management, and medical support.

Throughout the care journey, providers monitor clinical markers, respond to changes in status, and escalate when needed. The outcomes in this paper highlight how this model of care drives durable results for high-acuity patients.



# Increased engagement drives better outcomes

The following results are drawn from a real-world analysis of Nourish patients managing complex metabolic disease, and the data reflects a clear dose-response pattern for these high-acuity patients: greater engagement with the Nourish care model produces stronger clinical outcomes. This dynamic is most evident in two key markers, weight loss and glycemic control.



High-acuity patients completing 6+ sessions achieve clinically significant weight loss of 18 lbs., while completing 4+ sessions leads to a 1.2-point A1c reduction, which can shift patients out of diabetic range entirely. These improvements in key markers of metabolic disease have direct implications for avoiding long-term complications and reducing downstream costs.



1. Nourish internal data (N = 1,200; outcomes shown after 6 months for patients not on GLP-1s; patients with Class II obesity or above, and diabetes)  
2. Nourish internal data (N = 1,300; outcomes shown after 6 months for patients not on GLP-1s; patients with Class II obesity or above, and diabetes)

# Why high-acuity patients engage more

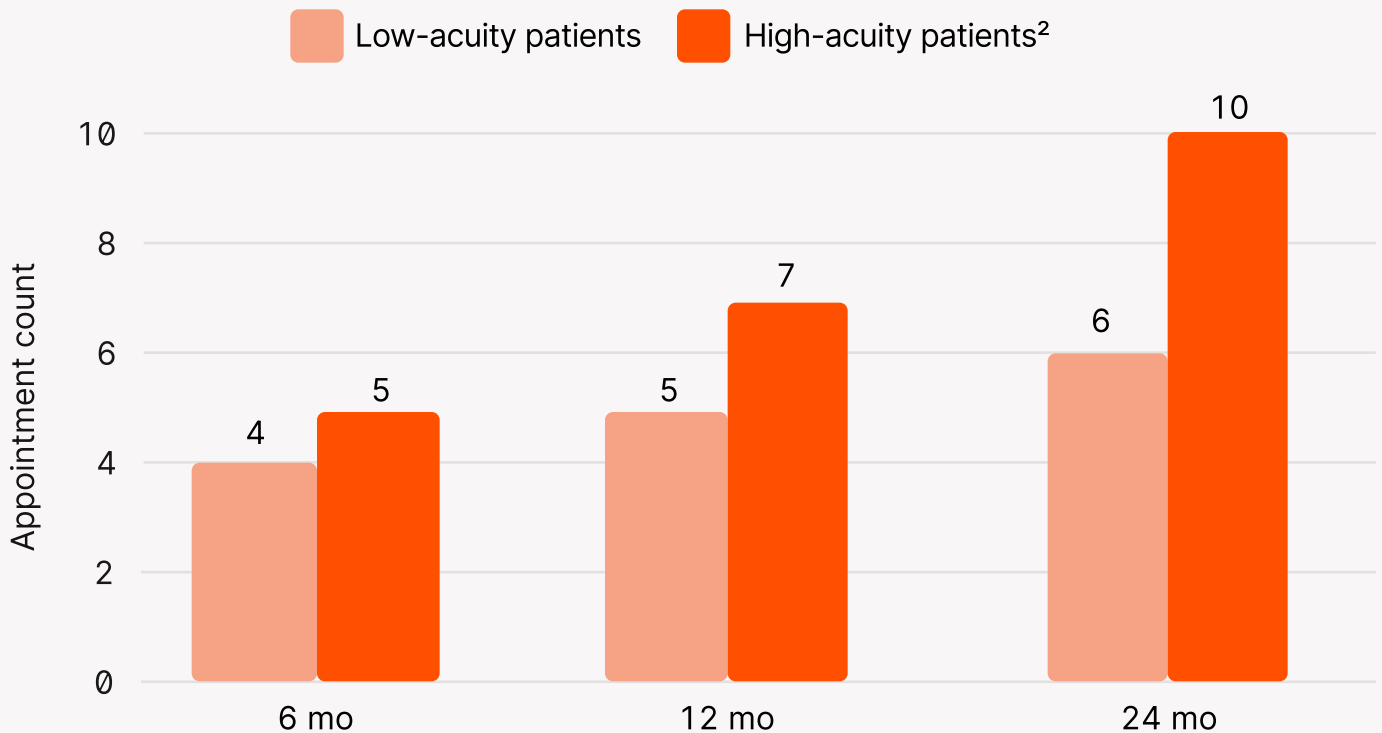
Patients managing multiple metabolic conditions require more support, and the Nourish care model is built to deliver it. Visit cadence for these patients is higher, as the result of a clinically deliberate approach to treatment.

At 24 months, high-acuity patients attend 1.7x more sessions on average than low-acuity patients. This pattern reflects the structured treatment Nourish is designed to deliver, including continuity of care to support ongoing risk monitoring and thoughtful care plan adjustments to sustain progress over time.



1.7x

Greater engagement for high-acuity patients at 24 months<sup>1</sup>



1. Nourish internal data (N = 4,500)

2. Low-acuity patients defined as BMI 18.5-24.9; high-acuity patients defined as BMI  $\geq$  40)

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