

## PARTNER PROFILE

Our partner provides e-consult services to FQHCs in southern and western US locations. Because of underserved patients' complex needs, nutrition services are now one of the specialty referrals available. The platform's streamlined, asynchronous, comprehensive nutrition care is made possible by Diet ID.

## THE PROBLEM

Poor diet quality is a major challenge in underserved populations. These individuals are typically at high risk for obesity, cardiovascular disease, and metabolic syndrome. However, most FQHCs do not have the staff and/or resources to provide individualized nutrition counseling designed to improve diet quality and reduce chronic disease risk.

## THE WORKFLOW

During visits with a primary healthcare physician, patients are given a web link for the Diet ID assessment and told to sign in when they get home. Once patients complete the assessment, detailed results are shared with a Registered Dietitian Nutritionist (RDN). Using this information as well as the PCP notes, the RDN then provides a personalized, comprehensive nutrition plan with goals, advice, educational handouts, and a step-by-step plan.

## WHY CHOOSE DIET ID?

- ✓ Evidence-based, personalized nutrition guidance
- ✓ Asynchronous, flexible, self-guided solution
- ✓ Provides an instant, otherwise missing metric: diet quality

## ENGAGEMENT

**90%**

Assessment  
Completion Rate

**53%**

Uptake Rate  
*(patients who took assessment  
per MD recommendation)*

**96%**

Accuracy rating  
in 2022



Primary care providers working in rural and other medically underserved communities often lack access to resources needed to optimize patient care. Our collaboration with Diet ID has provided them with expert advice on diet and nutrition to help them treat their patients, many of whom have complex needs.” - **Dr. Daren Anderson, MD, CEO of ConferMED**