

GOOD HEALTH GEEK

U.S. WORKFORCE PERFORMANCE BRIEFING

EXECUTIVE EDITION

**The Workforce Performance
Conversation Companies
Haven't Had Yet**

**THE ECONOMICS
OF CONSISTENCY**

**Mood Focus &
Brain Chemistry**

**THE PERFORMANCE
EQUATION**

**THE CASE FOR
CHEMISTRY AT WORK™**

*Exploring the Human Factors
Behind Workforce Performance*

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THE WORKFORCE PERFORMANCE CONVERSATION COMPANIES HAVEN'T HAD YET

Exploring workforce support models that address both organizational systems and the people operating within them.

THE NEW WORKFORCE PERFORMANCE LANDSCAPE

Key trends exploring workforce performance and wellbeing.

WHY ARE WE SPENDING MORE AND STILL SEEING DISENGAGEMENT, BURNOUT, AND PERFORMANCE CHALLENGES?

The Investment Is Real. The Challenges Persist.

IS THERE A MISSING LAYER?

Strong Outcomes Are Built on a Strong Foundation.

THE BIOLOGICAL FOUNDATION OF WORKFORCE PERFORMANCE

Every workplace outcome is experienced through a human being.

WHAT LEADING ORGANIZATIONS ARE SEEING

Human performance is becoming a business conversation. Leading organizations are paying attention.

THE FRAMEWORK

A practical architecture for understanding and improving human performance.

MOOD, FOCUS & BRAIN CHEMISTRY

The Messengers Behind Mood, Focus & Performance.

FOOD FOR MOOD™

Every plate sends signals to your brain.

BUILDING THE RAW MATERIALS OF PERFORMANCE

The body and brain cannot create something from nothing.

WHEN FOOD ALONE ISN'T ENOUGH

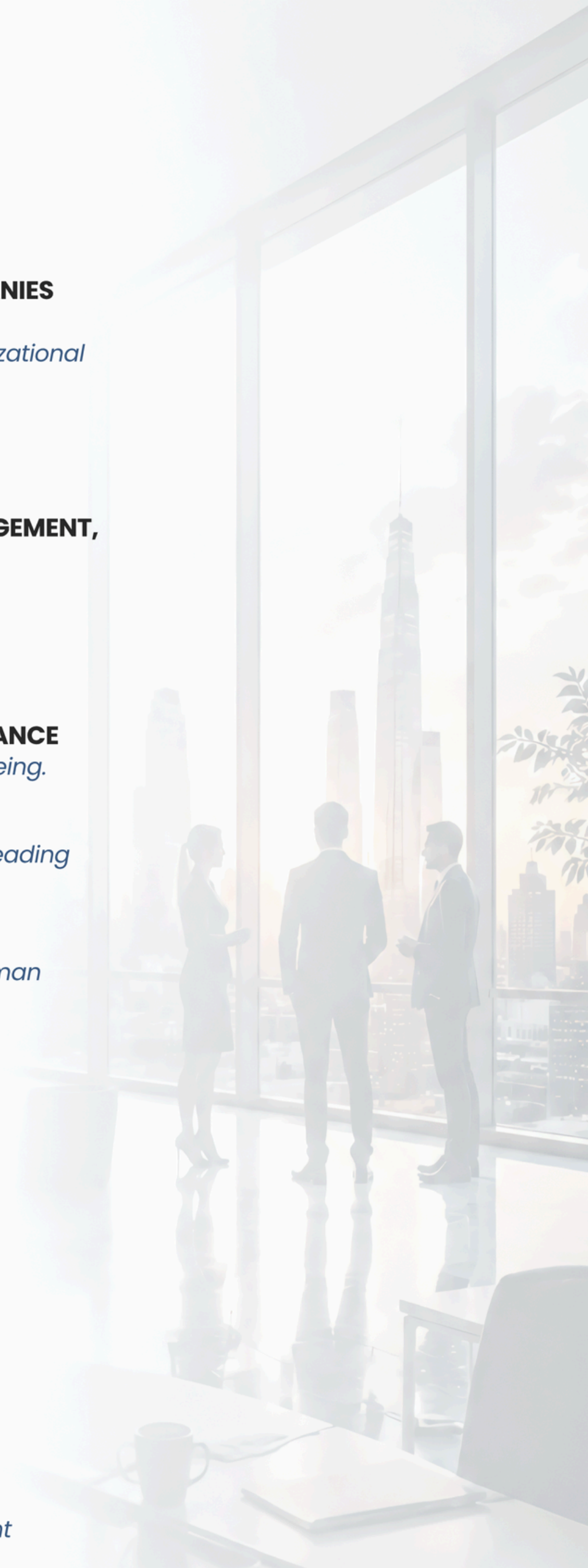
Food remains the ideal foundation for good health.

THE PERFORMANCE EQUATION

Performance is never the result of one thing.

THE ECONOMICS OF CONSISTENCY

Small improvements across a workforce can create significant financial impact.



The Workforce Performance Conversation Companies Haven't Had Yet

For decades, workforce performance was viewed primarily through operational, managerial, and behavioral lenses.

Today, organizations are recognizing that human performance is also shaped by cognitive load, stress, resilience, recovery, and attention demands.

As workplace pressures increase, concerns around burnout, fatigue, disengagement, and inconsistency are influencing conversations about productivity, retention, and long-term performance.

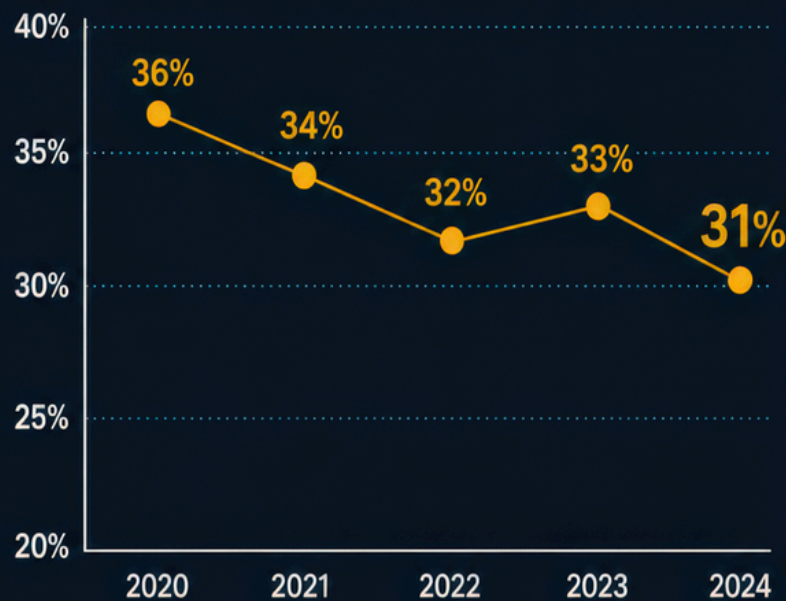
As a result, employers are increasingly exploring workforce support models that address both organizational and human performance factors.

WORKFORCE PERFORMANCE INDICATORS

Evidence from leading research organizations

U.S. EMPLOYEE ENGAGEMENT TREND (2020–2024)

Percentage of engaged employees



Source: Gallup Employee Engagement Indicator (2024)

31%

U.S. EMPLOYEE ENGAGEMENT

Lowest level in over a decade.

Source: Gallup (2024)

20%

GLOBAL EMPLOYEE ENGAGEMENT

Employees engaged at work worldwide.

Source: Gallup State of the Global Workplace (2026)

\$10T

ANNUAL GLOBAL PRODUCTIVITY IMPACT

Associated with low employee engagement.

Source: Gallup (2026)

12B

WORKDAYS LOST ANNUALLY

Due to anxiety and depression.

Source: World Health Organization (2022)



Workforce performance challenges are increasingly influenced by interconnected operational, environmental, and human factors.

The New Workforce Performance Landscape

KEY TRENDS SHAPING WORKPLACE PERFORMANCE AND WELLBEING

31%

of U.S. employees are engaged at work – the lowest in over a decade.

Source: Gallup, 2025

\$10T

in lost productivity globally due to low employee engagement each year.

Source: Gallup, 2025



1 EMPLOYEE ENGAGEMENT IS DECLINING

Gallup reports U.S. employee engagement fell to 31% in 2024. Globally, only 20% of employees are engaged, with disengagement costing an estimated \$10 trillion annually.

Sources: Gallup, U.S. Employee Engagement Sinks to 10-Year Low (2025); Gallup, State of the Global Workplace (2025)



2 BURNOUT & STRESS REMAIN ELEVATED

Depression and anxiety are associated with an estimated 12 billion lost working days and nearly \$1 trillion in lost productivity globally each year.

Sources: WHO, Mental Health at Work (2024); NAMI Workplace Mental Health Poll (2025)



3 COGNITIVE STRAIN IS BECOMING A BUSINESS CONCERN

Cognitive overload, decision fatigue, and constant digital demands are placing increasing strain on workforce performance.

Sources: Deloitte Human Capital Trends (2025); Workplace Intelligence Research (2025)



4 ORGANIZATIONS ARE INVESTING MORE IN WELLBEING

Employers continue investing in wellbeing initiatives to support engagement, resilience, and workforce stability.

Sources: Global Wellness Institute Workplace Wellbeing Initiative Trends (2025); Gallup Workplace Research (2025)

“The future of workforce performance will be shaped by how well organizations understand and support the human system at work.”

Why Are We Spending More and Still Seeing Disengagement, Burnout, Inconsistency, and Performance Challenges?

The Investment Is Real.
The Challenges Persist.

Over the past decade, organizations have made significant investments in employee wellbeing, engagement, leadership development, mental health resources, and workforce support programs.

The market has expanded rapidly. New tools, platforms, and services have given employers more options than ever before to support their people.

And yet many leaders continue to face the same challenges and, in some cases, even greater ones. Disengagement remains a concern. Burnout continues to rise. Workforce consistency, productivity, focus, and resilience remain difficult to improve at scale.



THE QUESTION LEADERS ARE ASKING:
If we're investing more, why aren't we seeing better results?

THE WORKFORCE PERFORMANCE PARADOX

Organizations are investing more in workforce support than ever before. Yet many performance challenges continue to persist.

INVESTMENT INCREASING



CHALLENGES PERSIST



Despite growing investments in workforce support, many organizations continue to report challenges with engagement, stress, fatigue, burnout, and workforce consistency.

THE BUSINESS CASE IS STRONG

Research shows that effective wellbeing programs can deliver a significant return.

3 TO 6:1

Average ROI

Reported by many workplace wellbeing initiatives

\$60+

Billion Market

Global corporate wellness market projected to exceed \$60 billion by 2027.

2-6x

Healthcare Savings

Wellness program participants may incur 2 to 6 times lower healthcare costs over time.

25%

Lower Absenteeism

Approximately 25% lower absenteeism reported in some workplace wellness initiatives.

THE IMPACT ON THE BOTTOM LINE

- ✓ Reduced healthcare costs
- ✓ Higher productivity
- ✓ Lower absenteeism
- ✓ Greater retention
- ✓ Improved morale
- ✓ Stronger performance
- ✓ Better business outcomes

1) Dodge Data & Analysis

2) Global Wellness Institute

3) Harvard Business Review

4) Integrated Benefits Institute

Is There a Missing Layer?

STRONG OUTCOMES ARE BUILT ON A STRONG FOUNDATION.

Many workforce strategies focus on culture, leadership, engagement, and training.

These are important drivers of success.

But every workplace outcome is ultimately experienced through the individual employee.

Energy, focus, resilience, stress, and physical wellbeing influence how people show up each day.

As organizations seek better outcomes, many are beginning to explore whether these foundational human performance factors deserve a larger role in the conversation.

WORKFORCE PERFORMANCE



When organizations strengthen the foundation, everything above it becomes more effective. The strongest workforce strategies are built on a foundation that supports consistent human performance.

Workforce Performance Is Biological Before It Is Behavioral

Every workplace outcome is experienced through a human being.

Focus, energy, resilience, consistency, and stress tolerance are often discussed as behavioral issues. Yet these experiences are also influenced by biological factors that affect how employees think, feel, adapt, and perform throughout the day.

FOCUS



The ability to concentrate, prioritize, and remain engaged is influenced by sleep quality, nutrition, stress exposure, recovery, and overall wellbeing.

Organizations often focus on improving attention through training and productivity systems, yet employees arrive each day with varying capacities to focus.

RESEARCH INSIGHT



Sleep quality and fatigue have been consistently associated with reduced attention, decision-making, and workplace performance.

Source: CDC; National Sleep Foundation

ENERGY



Energy is one of the most common workplace performance challenges and one of the least visible.

Employees may be physically present while experiencing reduced energy, slower processing speed, diminished motivation, and impaired decision-making.

RESEARCH INSIGHT



Reduced energy contributes to productivity loss, presenteeism, errors, and safety concerns.

Source: NIOSH; CDC

CONSISTENCY



Most organizations do not struggle with employee capability. They struggle with employee variability.

The difference between a strong day and a difficult day can influence communication, productivity, engagement, and overall performance.

Consistency often depends on factors occurring long before the workday begins.

The Biological Foundation of Workforce Performance

FOCUS
Sustained attention, clarity, and productivity

ENERGY
Sustained energy levels, alertness, and motivation

CONSISTENCY
Stable performance across days, weeks, and seasons

RESILIENCE
Ability to recover, adapt, and perform under pressure

STRESS
Biological stress load and its impact on thinking, mood, and behavior

• INFLUENCED BY FOUNDATIONAL FACTORS •

SLEEP	RECOVERY	NUTRITION	PHYSICAL WELLBEING	ENVIRONMENT
Quality, duration, and consistency to support restorative function	Restoration of body and mind to adapt and come back stronger	Fuel, hydration, and micronutrients to power cells and support daily performance	Movement, strength, and metabolic health to support energy and resilience	Workplace, social connections, and life situations that shape wellbeing

RESILIENCE

Resilience is the capacity to recover, adapt, and continue performing under pressure.

While often viewed as a mindset, resilience is also influenced by recovery, stress load, sleep quality, and overall health.

RESEARCH INSIGHT

Chronic stress is linked to burnout, reduced resilience, and lower workplace performance.

Source: WHO Mental Health at Work

STRESS

Stress affects nearly every aspect of workplace performance.

Decision-making, communication, attention, emotional regulation, and productivity can all be influenced by stress burden.

As stress accumulates, performance becomes increasingly difficult to sustain consistently.

Chemistry at Work Insight

Workforce performance is not experienced as a policy, program, or initiative.

It is experienced through the biological systems employees bring to work each day.

Sleep loss affects decision-making similarly to alcohol impairment. Research has found that being awake for approximately 17–19 hours can impair performance and reaction time to a degree comparable to a blood alcohol concentration of 0.05%.

Source: Dawson & Reid, Nature (1997)

Organizations often focus on changing behaviors. Chemistry at Work™ explores the factors that may influence those behaviors in the first place.

What Leading Organizations Are Seeing



Human performance is becoming a business conversation.
Leading organizations are paying attention.

For decades, employee wellbeing was often viewed as a benefits issue.

A valuable employee perk. An HR initiative.

Something separate from business performance.

That perspective is beginning to change.

Organizations are increasingly recognizing that burnout, stress, resilience, and employee wellbeing influence outcomes that leaders care deeply about:

productivity, engagement, absenteeism, retention, healthcare costs, and organizational performance.

Some of the world's largest employers have begun treating these factors as business metrics rather than employee perks.

SAP, one of the world's largest software companies, developed a Business Health Culture Index to better understand the relationship between employee wellbeing and organizational performance.

The company reported that improvements in employee wellbeing were associated with measurable business outcomes and estimated that even small improvements in their index could translate into significant financial impact.

Deloitte has taken a similar approach. The organization publicly acknowledged burnout as a business challenge, recognizing that employee wellbeing influences productivity, engagement, retention, and overall organizational performance. These organizations are not alone.

As workforce costs continue to rise and employee engagement remains under pressure, leaders are asking a broader question:

What factors influence how employees show up each day?

Historically, performance conversations focused on leadership, training, culture, and engagement.

Today, a growing number of organizations are expanding that conversation to include human performance factors such as energy, recovery, resilience, stress load, and overall wellbeing.

The shift is subtle but important.

The conversation is no longer simply about improving performance.

It is increasingly about understanding the factors that influence performance in the first place.

That shift is creating space for a new framework.

“

Most companies do not struggle with employee capability.

They struggle with consistency.



A Consistency Problem?

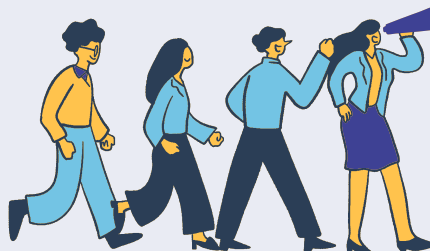
31%

of U.S. employees are actively engaged at work.

Source: Gallup State of the Global Workplace 2024

What Leading Organizations Are Seeing

- Burnout affects productivity.
- Recovery affects consistency.
- Engagement affects performance.
- Wellbeing affects business outcomes.



The question is no longer whether these factors matter; it's how organizations respond.

THE FRAMEWORK

A practical architecture for understanding and improving human performance.

The **Chemistry at Work™** Framework brings together four essential elements, built on a foundation of trust and confidentiality, that influence how people think, feel, and perform every day.

01 CONFIDENTIAL & PRIVATE

Employee information remains private and is never shared with employers.

02 EDUCATION

Understanding nutrition, supplementation, and the factors that influence focus, energy, mood, and resilience.

03 SCREENING & INSIGHT

Private screening helps employees discover nutritional gaps, sensitivities, and other factors that may influence how they feel and perform.

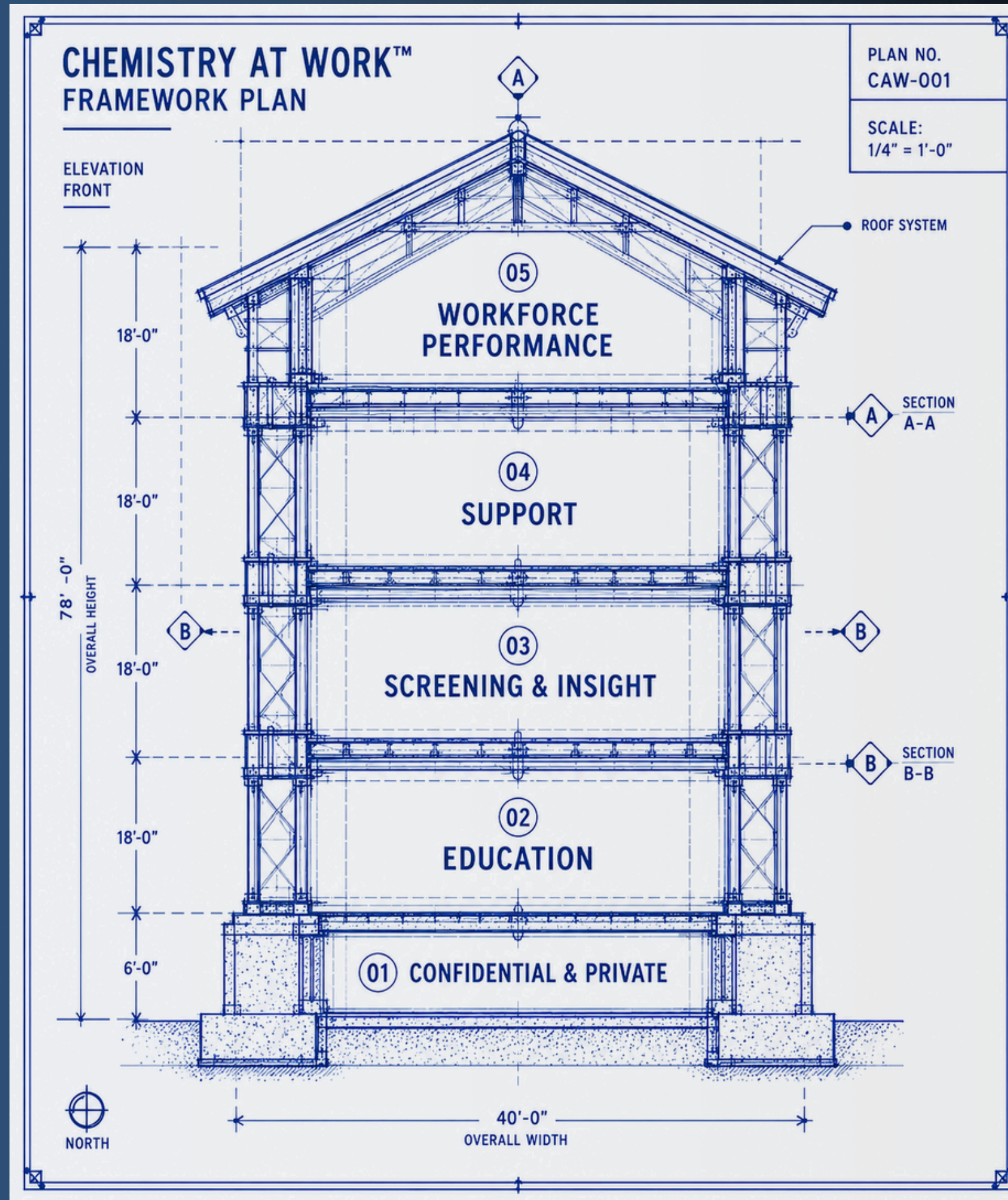
04 SUPPORT

Registered dietitians can help employees translate insight into practical action through nutrition, food choices, and supplementation.

05 WORKFORCE PERFORMANCE

The result of building a strong foundation and providing the right support, empowering employees to perform at their best every day.

+ FOCUS
+ ENERGY
+ RESILIENCE
+ CONSISTENCY
+ WELLBEING



TOGETHER, THESE FIVE ELEMENTS HELP EMPLOYEES BETTER UNDERSTAND AND IMPROVE THE FACTORS THAT INFLUENCE DAILY PERFORMANCE.

Mood Focus & Brain Chemistry

THE MESSENGERS BEHIND MOOD, FOCUS & PERFORMANCE

Behind every decision, conversation, and solution is a network of chemical messengers constantly shaping how we think, learn, adapt, and respond.

These chemical messengers influence how we think, feel, communicate, solve problems, and perform throughout the workday.

NEUROTRANSMITTERS ARE CHEMICAL MESSENGERS THAT HELP REGULATE MOOD, MOTIVATION, FOCUS, LEARNING, AND STRESS RESPONSE.

They do not work alone. They interact within complex biological systems influenced by lifestyle, environment, and daily habits.

Neurotransmitters constantly communicate with one another. Changes in sleep, nutrition, stress load, recovery, physical activity, and overall health can influence how these systems function.

FIVE NEUROTRANSMITTERS FREQUENTLY ASSOCIATED WITH WORKPLACE PERFORMANCE

DOPAMINE

Motivation, drive, reward and goal pursuit

SEROTONIN

Mood, stability, wellbeing and confidence

GABA

Calm, relaxation, and stress regulation

ACETYLCHOLINE

Learning, memory, attention and clarity

NOREPINEPHRINE

Alertness, focus, energy and response

Brain chemistry does not operate in isolation.

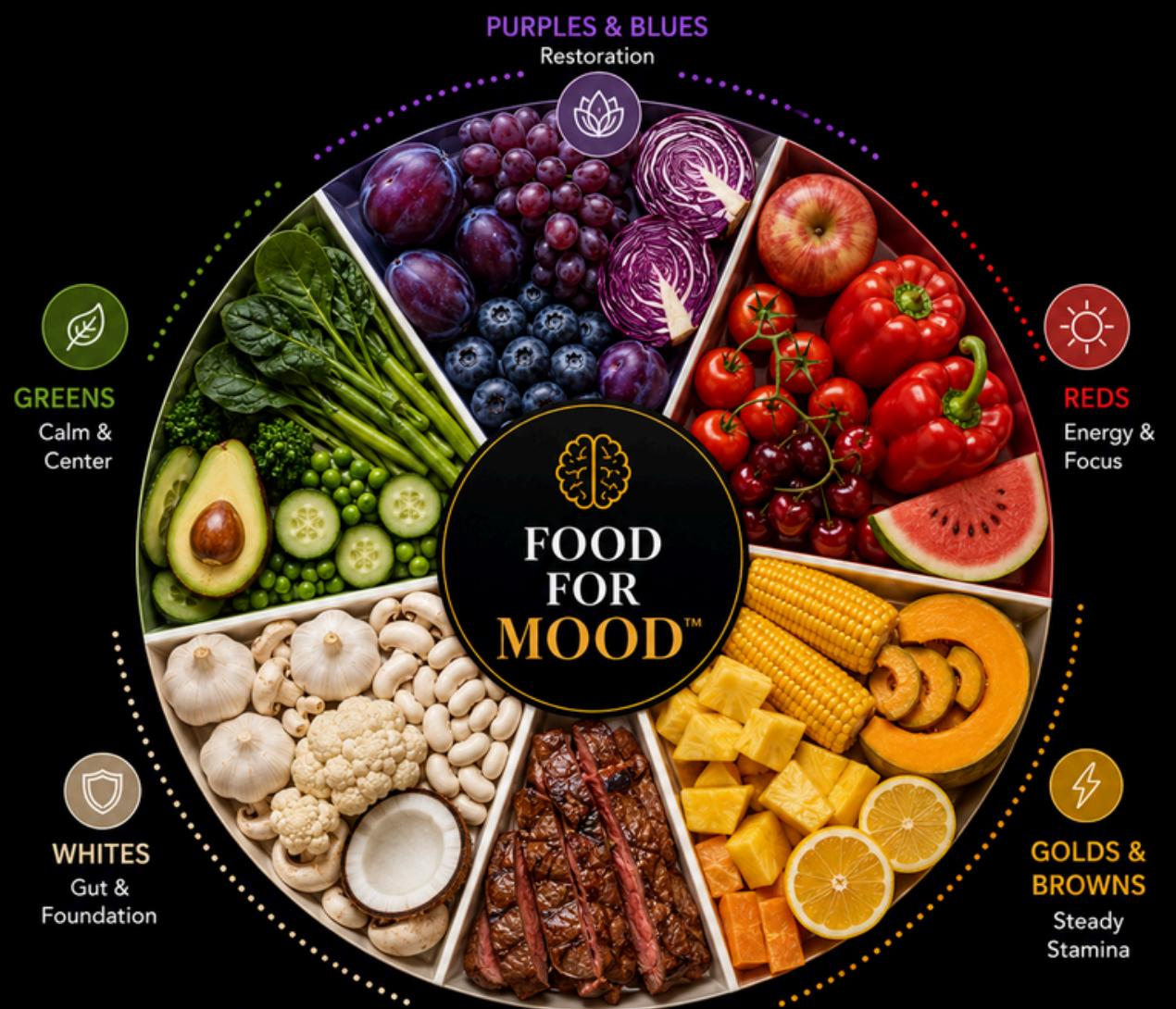
Neurotransmitter systems are influenced by more than the brain alone.

FOOD FOR MOOD

Every plate sends signals to your brain.

Color, protein, and carbohydrates work together to shape energy, focus, calm, and recovery without strict diets, apps, or perfection.

Choose your protein for pace (lean for quick, creamy for slow), your carbs for timing (fast vs. steady), and the color that matches how you want to feel. The sections below walk through each piece, plus the research behind it.



FAST & SLOW PROTEINS

FAST PROTEINS
 Chicken
 Lean cuts

SLOW PROTEINS
 Beef
 Higher fat cuts



PROTEIN SETS THE PACE
COLOR SETS THE DIRECTION
CARBS SET THE TIMING

REDS
 Energy & Focus

GREENS
 Calm & Center

GOLDS & BROWNS
 Steady Stamina

PURPLES & BLUES
 Restoration

WHITES
 Gut & Foundation

Nutrition influences more than physical health. Food for Mood™ is a practical framework for understanding how everyday meals may affect mood, focus, and wellbeing.

Adapted from *Food, Brain, and Performance: The Science Behind Food for Mood (SSRN Preprint)* and supporting peer-reviewed research referenced therein.

QUICK CARBS
 Fast fuel

- ✓ Fruit
- ✓ Honey
- ✓ Simple starches

SLOW CARBS
 Long, steady energy

- ✓ Beans
- ✓ Oats
- ✓ Whole grains

BUILDING THE RAW MATERIALS OF PERFORMANCE

The body and brain cannot create something from nothing.

Every day, the body relies on vitamins, minerals, amino acids, healthy fats, and other nutrients to support energy production, recovery, stress regulation, attention, learning, and countless biological processes.

These systems operate continuously, helping employees think, communicate, solve problems, and adapt to daily demands.

When nutritional needs are met, the body is generally better positioned to support consistent performance.

When nutritional gaps exist, the effects may not always be obvious, but they can influence how people feel, function, and recover over time.



FOOD FIRST

Whole foods remain the foundation of good nutrition.

Protein, fruits, vegetables, healthy fats, legumes, nuts, seeds, and minimally processed foods provide the nutrients the body depends on every day. Healthy meals help supply the raw materials needed to support the systems associated with energy, mood, focus, recovery, and overall wellbeing.

9 out of
10

Americans fall short in at least one essential nutrient.

Research consistently shows that many adults consume less than recommended amounts of vitamin D, magnesium, calcium, potassium, and other nutrients important for overall health.



WHEN FOOD ALONE ISN'T ENOUGH

Food remains the ideal foundation for good health.

However, modern food production, processing, storage, lifestyle demands, medications, digestive challenges, dietary restrictions, and individual biological differences can all influence nutritional status.



For some individuals, food alone may not consistently provide everything needed to achieve nutritional adequacy. In these situations, targeted supplementation may help fill nutritional gaps and support overall health.



THE GOAL IS SIMPLE

Not to **replace** healthy meals. To **support** them.



Supplementation works best when it complements a healthy diet, not when it replaces one.

NUTRIENTS FREQUENTLY DISCUSSED

Nutrient needs vary from person to person. Some of the nutrients most commonly identified as areas of concern include:



Vitamin D



Magnesium



Omega-3



B Vitamins



Iron



Zinc



Calcium



Potassium



Protein

BACKED BY SCIENCE

Research continues to support the role of nutrition in health and performance.

INDIVIDUAL NEEDS MATTER

Nutritional needs vary based on biology, lifestyle, and life stage.

PERSONALIZED APPROACH

Private screening can help identify potential nutritional gaps.

SUPPORT FOR REAL LIFE

Registered dietitians can help interpret results and provide guidance.



Food is the foundation. Quality supplementation may help fill nutritional gaps and support overall health and wellbeing.

The Performance Equation

PERFORMANCE HAPPENS WHERE THEY INTERSECT

$$\text{Performance} = \text{Capability} + \text{Environment} + \text{Human Factors}$$

PERFORMANCE IS NEVER THE RESULT OF ONE THING.

It emerges from the intersection of capability, environment, and human factors.

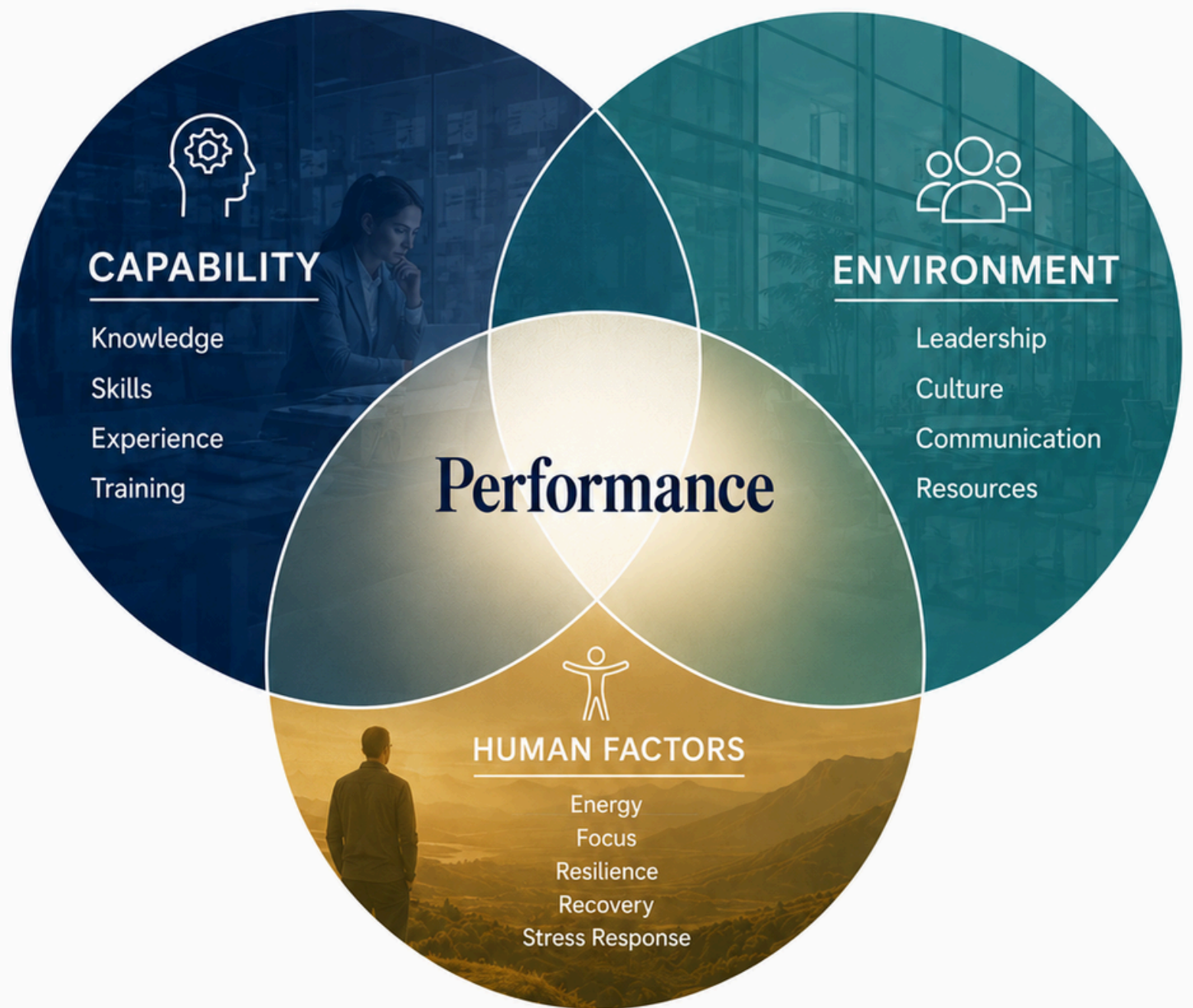
Most organizations invest heavily in building capability and shaping the environment.

Human factors are often the least understood and least managed component.

Yet they influence how employees think, communicate, solve problems, and perform every single day.

When these factors are supported, performance compounds.

When they are overlooked, even the best strategies struggle to deliver.



“**Performance is shaped long before the workday begins.**”

Human factors influence how employees think, feel, and perform.

The Foundations That Shape Human Factors



Nutrition

Fuel for energy, focus, and recovery



Sleep & Recovery

Restoration for the body and brain



Stress Load

The cumulative demands placed on the body and mind



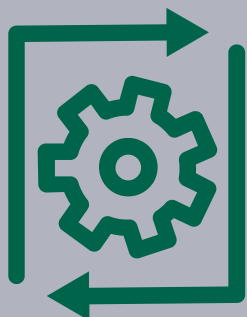
Physical Wellbeing

Movement, strength, and metabolic health.



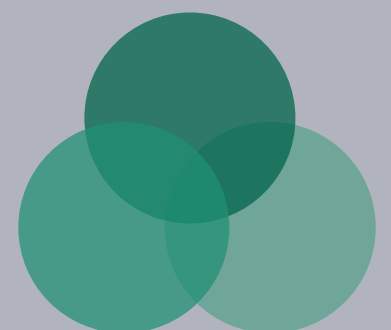
Personal Data

Unique data that can help inform personalized decisions



THE CHEMISTRY AT WORK™ FRAMEWORK

The Chemistry at Work™ Framework is designed to help organizations better understand the factors that influence workforce performance and create new opportunities for improving outcomes.



The Economics of Consistency

SMALL IMPROVEMENTS ACROSS A WORKFORCE CAN CREATE SIGNIFICANT FINANCIAL IMPACT.

Most organizations already understand the costs of turnover, absenteeism, burnout, and disengagement.

What is often overlooked is the cumulative cost of everyday inconsistency.



Small changes experienced by individual employees can influence productivity, engagement, retention, and organizational performance over time.

WHAT THE RESEARCH SUGGESTS

ENGAGEMENT MATTERS

31% of U.S. employees are actively engaged at work. *Gallup 2024*

BURNOUT MATTERS

Burnout has been associated with lower productivity, higher turnover intention, and increased healthcare utilization.

PRESENTEEISM MATTERS

The cost of reduced performance while present at work often exceeds the cost of absenteeism.

THE PAYROLL LEVERAGE	ESTIMATED PERFORMANCE REDUCTION	MODELED ANNUAL CAPACITY LOSS*	THE LEVERAGE IN ACTION
Every organization already invests in workforce performance.	2%	\$1.2 Million	Annual Payroll 1% Improvement = \$600K Potential Value
For a workforce of 1,000 employees earning an average salary of \$60,000, annual payroll represents approximately:	5%	\$3.0 Million	2% Improvement ~ \$1.2M Potential Value
\$60 Million	10%	\$6.0 Million	5% Improvement = \$3.0M Potential Value

*Illustrative model based on 1,000 employees with an average salary of \$60,000. Uses conservative performance reduction assumptions.

Illustrative Investment Example

In a workforce of 1,000 employees: \$200 per employee annually = \$200,000 annual program investment.

For many employers, the financial impact of improved workforce consistency may be measured in hundreds of thousands or even millions of dollars over time.



“Small improvements in workforce consistency can create significant organizational value.”

- Focus on what influences performance.
- Invest in what drives consistency.
- Realize the value of a healthier, more engaged, and productive workforce.

THE CASE FOR CHEMISTRY AT WORK™

THE CHEMISTRY AT WORK EXPERIENCE

A workforce performance system designed to help organizations better understand the human factors behind consistency, engagement, and results.



EDUCATION

Science-based education to build awareness and understanding.



SCREENING

Private screening options that identify potential nutritional gaps.



GUIDANCE

Professional dietitian guidance tailored to each individual.



ACTION

Practical, everyday strategies employees can put into action.



CONSISTENCY

Stronger daily habits lead to improved performance and organizational value.



FOUNDATION EXPERIENCE

A clean, complete starting point.

FOR EMPLOYEES

- 1-hour discovery video
- Printed companion guide
- Annual private lab screening
- Access to our network of dietitians

FOR HR / PROGRAM DELIVERY

- 3 Workday Rhythm Checks (served at 4-month intervals)
- HR Rollout Kit (with pre-written templates)
- 4 - 24" x 36" Promo Posters



MOMENTUM EXPERIENCE

Adds a mid-year reinforcement layer.

FOR EMPLOYEES

- Twice-yearly lab screening
- One mid-year Boost Video

FOR HR / PROGRAM DELIVERY

- 4 quarterly engagement articles
- 3 Workday Rhythm Checks
- HR Rollout Kit (with pre-written templates)
- 4 - 24" x 36" Promo Posters
- 1 - 33.5" x 78.7" Retractable Banner



SUSTAINED EXPERIENCE

Built-in year-round engagement.

FOR EMPLOYEES

- Twice-yearly lab screening
- Three quarterly Boost Videos

FOR HR / PROGRAM DELIVERY

- 12 engagement articles
- 3 Workday Rhythm Checks
- HR Rollout Kit (with pre-written templates)
- 4 - 24" x 36" Promo Posters
- 2 - 33.5" x 78.7" Retractable Banners



DELIVERY PARTNERS

Chemistry at Work™ works with trusted third-party providers to deliver private screening and professional nutrition guidance.

5Strands™ Professional Guidance

Vitamin & Mineral Imbalance Test (Confidential At-Home Hair Screening)

NutriGreene™ Professional Guidance

Comprehensive Health Screenings (Private blood testing through Quest Diagnostics)



All screening results remain confidential and are provided directly to the employee.

LET'S START THE CONVERSATION.
GOOD HEALTH. STRONGER PERFORMANCE. BETTER OUTCOMES.

CONTINUE THE CONVERSATION

This briefing highlights a growing body of research exploring the relationship between nutrition, brain chemistry, human performance, and workforce outcomes.

Explore additional resources, access references, and stay informed about future executive briefings and educational events.



RESEARCH & REFERENCES

Access the studies, data, and sources referenced throughout this briefing. Citations and additional research are available online.



WORKFORCE RESOURCES

Download articles, guides, and practical resources designed to help organizations better understand the human factors that influence performance.



EXECUTIVE BRIEFINGS & EVENTS

Explore future executive briefings, webinars, and educational sessions focused on workforce performance and the Chemistry at Work™ framework.

SCAN TO ACCESS

THE WORKFORCE RESOURCE CENTER



<https://goodhealthgeek.com/briefing>

References & Research

Workforce Resources

Future Briefings & Events

Program Information

Contact & Consultation



GOOD HEALTH GEEK™

SCIENCE. NUTRITION. PERFORMANCE.

INSIDE GOOD HEALTH GEEK™

Good Health Geek™ helps organizations explore the human factors that influence workforce performance through science-based education, private screening options, professional guidance, and workplace resources.

Our flagship program Chemistry at Work™ provides organizations with a framework for understanding the factors that may influence focus, energy, resilience, recovery, and workforce consistency.



Learn more at goodhealthgeek.com

