



A Science-Based Workforce Performance Program

Workforce Performance Is Biological Before It Is Behavioral.

Organizations invest millions in leadership development, engagement initiatives, training, and workplace culture. Yet one of the most influential drivers of workforce performance often goes unaddressed: employee biology.

Chemistry at Work™ helps employees understand the biological factors that influence energy, focus, mood, resilience, stress response, and day-to-day consistency through a practical, science-based experience built around education, laboratory screening, and professional support.

The Chemistry at Work™ Framework

Educate

Employees learn how nutrition, lifestyle, and key biological systems influence workplace performance.

Screen

Private laboratory testing helps identify nutritional and metabolic factors that may influence daily performance. Results remain confidential between the employee and healthcare professionals.

Support

Employees receive access to evidence-based educational resources and registered dietitians to help them better understand and apply their results.

Together, these three components create a comprehensive, privacy-first experience designed to support healthier, more consistent workplace performance.

Designed for Meaningful Business Impact

Organizations choose Chemistry at Work™ because it is designed to support measurable workforce outcomes, including:

- Improved employee energy and focus
- Greater day-to-day consistency
- Increased resilience under stress
- Better decision-making and cognitive performance
- Reduced preventable absenteeism and presenteeism
- Better utilization of existing healthcare and wellness resources
- A stronger return on organizational wellness investments

Even modest improvements across hundreds or thousands of employees can create meaningful organizational value.



Program Options

Foundation Experience

An annual workforce performance program that introduces employees to the biological foundations of energy, focus, resilience, and consistency through education, confidential laboratory screening, and professional support.

Ideal for organizations launching a science-based workforce performance initiative.

Momentum Experience

Builds upon the Foundation Experience with expanded education, ongoing reinforcement, and additional resources designed to help sustain employee engagement and encourage long-term behavioral change.

Ideal for organizations seeking greater continuity and stronger long-term workforce outcomes.

Sustained Experience

Our most comprehensive workforce performance program, providing year-round education, biannual laboratory screening, ongoing reinforcement, expanded HR resources, and continuous employee support to help maximize long-term organizational impact.

Designed for organizations committed to making workforce performance a strategic advantage.

Why Partner with Good Health Geek?

- ✓ Science-based and education-focused
 - ✓ Privacy-first with no employer access to employee health information
 - ✓ Professional laboratory screening through trusted clinical partners
 - ✓ Registered dietitian support
 - ✓ Simple implementation with minimal administrative burden
 - ✓ Scalable for organizations of all sizes
 - ✓ Designed to improve workforce performance through better employee chemistry
- Because better chemistry creates better performance.

