EVIDENCE OF IMPLEMENTATION

# Established expertise. One program.

*Documented applications and the professional network behind Chemistry at Work™.*

Chemistry at Work™ brings together established expertise in biological education, specialized laboratory assessment and individualized care within a 12-month occupational health and performance program.

## Three Areas of Expertise. One Integrated Program.

**Biological Education**
Research-informed occupational education and continuous engagement.

**Specialized Screening**
Established laboratory expertise and individual biological assessment.

**Individualized Care**
Individualized professional care through registered dietitians.

**Integrated and administered by Good Health Geek**

### ESTABLISHED PROFESSIONAL EXPERIENCE

*Good Health Geek collaborates with established specialty laboratories and a nationwide network of registered dietitians whose professional services form an integral part of Chemistry at Work™.*

**40 years**
Laboratory experience

**10,000+**
Healthcare providers served

**Millions**
Biomarkers analyzed

**50 states**
Registered dietitian availability

*Provider-reported figures; healthcare provider reach is historical (2022). These are not GHG client counts.*

### DOCUMENTED ORGANIZATIONAL IMPLEMENTATION

*Published studies demonstrate the successful application of comparable approaches within corporate and occupational settings, providing evidence of real-world implementation and measurable outcomes.*

## Campbell Soup Company | Habit Study (2021) [24]

**Implementation:** 82 employees completed a 10-week intervention using biological assessments, personalized guidance and coaching.

**Results:** Body fat decreased by 1.2 percentage points; LDL cholesterol decreased by about 17 mg/dL in a subgroup with lower metabolic flexibility.

**Relevance:** Demonstrates delivery of individualized, biologically informed support in a workforce.

*Exploratory study without a control group.*

## Feeding America’s Bravest (2023) [30]

**Implementation:** 485 firefighters across 52 fire stations participated in a 12-month randomized workplace study with education, reminders and practical support.

**Results:** Dietary adherence improved at 6 and 12 months; cardiometabolic risk factors did not improve significantly at one year.

**Relevance:** Demonstrates sustained occupational education and engagement at scale.

DOCUMENTED IMPLEMENTATION & OUTCOMES

# From assessment to action

*Comparable applications of biological assessment, professional care and ongoing support.*

## BIOLOGICAL ASSESSMENT & INDIVIDUALIZED CARE IN PRACTICE

### Registered dietitian-led trial (2022) [25]

**Implementation:** **400 adults** with overweight or obesity were randomized to standard guidance or 12 weeks of individualized care using blood biomarkers, genetic and lifestyle data.

**Results:** The individualized group showed greater improvements in selected blood lipids, homocysteine and body composition.

**Relevance:** Supports the use of individual biological information in registered dietitian-led care.

### Arivale | Real-world commercial program (2019–2023) [26–27]

**Implementation:** **2,531 participants** received advanced biological assessment, personalized coaching and repeat testing. A subsequent analysis of the same program examined 1,277 participants.

**Results:** Sustained improvements were observed in selected metabolic, inflammatory and nutritional markers; follow-up research identified changes in metabolic profiles.

**Relevance:** Demonstrates delivery of assessment and ongoing individualized support to thousands.

*Observational evidence; no control group in the 2019 study.*

### METHOD | Randomized controlled trial (2024) [29]

**Implementation:** **347 adults** received standard guidance or an 18-week program informed by glucose and triglyceride responses, microbiome data and health history.

**Results:** Greater improvements in triglycerides, HbA1c and selected other outcomes; LDL cholesterol and blood pressure did not differ significantly.

**Relevance:** Supports the potential of biologically informed individualized recommendations.

## EMPLOYER ECONOMIC OUTCOMES

### Seven US self-insured employers (2025) [28]

**Implementation:** A 12-month employer-sponsored program combined biological profiling with individualized recommendations and continuous engagement.

**Results:** Enrollment was associated with **23% lower diet-responsive medical spending** in months with employer-paid claims.

**Relevance:** Shows potential economic relevance of comparable employer-based approaches.

*Observational claims analysis; excludes program and pharmacy costs. Does not establish net savings or ROI.*

SCIENTIFIC FOUNDATION

# The evidence behind the services

*Research supporting specialized assessment, professional care and occupational application.*

## INDIVIDUALIZED PROFESSIONAL CARE

**Registered dietitian-led care [6, 21–23]**
Systematic reviews support registered dietitian-provided medical nutrition therapy for selected outcomes, including blood glucose in prediabetes and blood pressure in adults with hypertension.

## ADDITIONAL DOCUMENTED WORKPLACE APPLICATIONS

**SHIELD | Law enforcement [1–2]**
A team-based workplace intervention reported improvements in diet, sleep, stress and quality of life at six months.

**GEICO | Corporate workforce [3]**
A multicenter randomized dietary intervention reported improvements in depression, anxiety and quality of life.

## SCIENTIFIC FOUNDATION OF SPECIALIZED SCREENING

**Metabolic and nutrient assessment [11–15]**
Established methods and human research support selected organic acid and nutrient-dependent markers.

**Fatty acid profiling [16–18]**
Large human studies associate measured omega-3 status with cardiovascular outcomes and mortality.

**Physiological stress [19–20]**
Research supports standardized cortisol collection; awakening response and overnight urinary cortisol are distinct.

**Environmental biomonitoring [8–10]**
Firefighter studies and CDC research demonstrate biological assessment of chemical exposures.

## THE INTEGRATED ADVANTAGE

Chemistry at Work™ brings together established laboratory expertise, registered dietitian-led care and research-informed occupational education.

Published research documents comparable applications across clinical, corporate and occupational environments, with measurable improvements in selected biological, behavioral and health indicators.

Good Health Geek integrates these disciplines into a comprehensive framework designed to address the biological demands of the modern workforce.

*The cited studies support the program's scientific rationale and potential. They represent comparable implementations rather than outcomes specific to Chemistry at Work™.*

SCIENTIFIC REFERENCES

# Research & supporting evidence

*Select a reference to open the original publication or resource.*


**01** SHIELD feasibility and findings (2014)

**02** SHIELD longitudinal findings (2016)

**03** GEICO multicenter nutrition intervention (2014)

**04** Food4Me personalized nutrition trial (2017)

**05** Food4Me trial design (2014)

**06** Dietitian-led medical nutrition therapy in prediabetes (2023)

**07** Academy position on medical nutrition therapy (2018)

**08** Urinary exposure biomarkers in firefighters (2026)

**09** CDC national exposure report

**10** CDC interpretation of biomonitoring data

**11** Quantification of organic acids in healthy adults (2017)

**12** ACMG organic acids technical standard (2018)

**13** NIH vitamin B12 professional fact sheet

**14** Functional effects of vitamin B6 restriction (2013)

**15** Tryptophan catabolism and vitamin B6 status (2015)

**16** Framingham erythrocyte omega-3 and cardiovascular outcomes (2018)

**17** Blood omega-3 and mortality: 17 prospective studies (2021)

**18** Erythrocyte fatty acid fingerprint and mortality (2021)

**19** CAR updated consensus guidelines (2022)

**20** CAR regulation and functional significance (2025)

**21** Dietitian-provided medical nutrition therapy and hypertension (2024)

**22** Online nutrition education in the federal workplace (2018)

**23** Academy position: medical nutrition therapy in chronic disease (2025)

**24** Habit Study: personalized systems nutrition in a workforce (2021)

**25** Personalized nutrition intervention: 400-person randomized trial (2022)

**26** Genetic predisposition and clinical changes in a lifestyle coaching program (2019)

**27** Multiomic signatures and responses to lifestyle intervention (2023)

**28** Economic impact of precision nutrition: multi-employer claims analysis (2025)

**29** METHOD: personalized nutrition and cardiometabolic health (2024)

**30** Feeding America’s Bravest: firefighter cluster randomized trial (2023)