

Dr. Ann's

Grocery Shopping Guides Licensing Program



Dr. Ann recognizes that most of the work of healthy eating is done right in the grocery store! She has carefully and completely scripted this critical step in the journey to better nutrition with her customized Grocery Shopping Guides.

Each user-friendly guide begins with the cardinal strategies for healthy eating related to the specific Grocery Guide theme. These fundamentals are followed by a comprehensive list of all the "Dr. Ann approved" foods-grouped as they are typically found in the grocery store. Foods that are particularly important for the given theme are red and noted as the "superstars." Where relevant the "ground rules" are provided to identify the basis for the foods selected.

Grocery Guides Offered:

- Eat Right for Life®
- Anti-Aging
- Healthy Cholesterol
- Healthy Breasts
- Healthy Colon
- Healthy Prostate
- Healthy Pregnancy
- Brain Health
- Weigh Less for Life
- Just Say Whoa! to Type II Diabetes
- Healthy Heart
- Just Say Whoa! to Cancer
- Eye Health
- Anti-Inflammatory
- Bone Health
- Healthy Blood Pressure

The yearly licensing fees for Dr. Ann's Grocery Guides are as follows:

Access to Full Library (all 16 included)

- ≤ 200 employees - \$1,000
- 201 – 1,000 employees - \$1,500
- 1,001 – 3,000 employees - \$2,000
- 3,001 + employees - \$3,000

Access to Any Single Grocery Guide

- ≤ 200 employees - \$333
- 201 – 1,000 employees - \$500
- 1,001 – 3,000 employees - \$667
- 3,001 + employees - \$1,000



- Each Grocery Guide is 2 standard printed pages or 1 page printed front and back. Laminated versions of Dr. Ann's Grocery Guides retail for \$10.00 each.
- Through Dr. Ann's licensing program organizations can have unlimited access to copy and distribute for free any grocery guide to any number of employees or as an alternative, post the shopping guides on the organization's intranet for digital access.
- For organizations that bring Dr. Ann in for Live Employee Wellness Training she provides a 50% yearly discount. For those organizations that license her webinars she offers a 20% discount.

For any questions related to Grocery Guide Licensing, contact our office at 843-329-1238.

Visit us at www.DrAnnWellness.com for other employee wellness opportunities with Dr. Ann.