

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
- Just Say Whoa! to Cancer
- Anti-Inflammatory
- Bone Health
- Eye Health
- Healthy Heart

Yearly Licensing Fees:

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 – 5,000 employees - \$3,000
- 5,001 + employees - Call for Quote

Access to Any Single Grocery Guide

- ≤ 200 employees - \$333
- 201 – 1,000 employees - \$500
- 1,001 – 3,000 employees - \$667
- 3,001 – 5,000 employees - \$1,000
- 5,001 + employees - Call for Quote



- Each Grocery Guide is delivered in a PDF format (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 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. www.DrAnnWellness.com

Live Life Guide Licensing Program



Give your employees personal access to Dr. Ann's Live Life Guides so *everyone* can take home her detailed, expert guidance for their most common health concerns in an easy-to-read format.

Each guide contains thorough dietary and lifestyle instruction in Dr. Ann's signature style of clear, straightforward, no-nonsense guidance. Ranging in length from 6-15 printed pages, each guide comes with a bonus sheet containing Dr. Ann's popular comprehensive list of "Superstar Foods."

Live Life Guides Offered:

- Weigh Less for Life
- Healthy Cholesterol
- Healthy Aging
- Boosting Energy and Fighting Fatigue
- Healthy Blood Pressure
- Raising a Healthy Eater
- Anti-inflammatory Living



Yearly Licensing Fees:

Access to Full Library (all 7 included)

≤ 200 employees - \$1,000
201 – 1,000 employees - \$1,500
1,001 – 3,000 employees - \$2,000
3,001 – 5,000 employees - \$3,000
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