

BIOMETRIQ

Optimize employee health with personalized nutrition journeys

Boost energy, productivity, and long-term health with real-time glucose monitoring and expert guidance from qualified dietitians.



Stop guessing, Start improving

Our program helps employees **understand how their bodies react** to nutrition, stress, and physical movement. With data-driven insights and expert guidance, they can make **small, sustainable adjustments** that lead to **lasting behavioral changes**, optimizing energy, focus, and overall well-being.

+90
Net Promotor Score

50%
Fewer energy dips

2.5x
Less likely to miss work

How glucose affects your employees

- ✗ **Energy Fluctuations:** Glucose imbalance causes energy spikes and crashes, leading to fatigue, irritability, and reduced focus throughout the day.
- ✗ **Increased Health Risks:** Prolonged imbalance raises the risk of chronic conditions like type 2 diabetes, heart disease, and metabolic syndrome.
- ✗ **Cognitive and Mood Impact:** Blood sugar instability affects brain function, leading to poor concentration, decision-making, and mood swings that impair performance.

Simply added to your organization and workflow

Looking for something easy to implement with big results? Our nutrition program is the answer. It's not about restrictive diets—it's a month-long journey that empowers employees to make smarter, healthier choices while still enjoying their favorite snacks.



Get in touch!

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Trusted by

