

Rebecca Rick, MS, RD(N)

Mobile: (317)506-8850
Email: Becca.Rick@gmail.com

EDUCATION

University of Utah

Master of Science in Nutrition Sciences, Emphasis in Sport Nutrition

Salt Lake City, Utah

Spring 2015

Baylor University

Bachelor of Business Administration, Entrepreneurship

Waco, Texas

Summer 2009

EXPERIENCE

GBS Benefits, Inc.

Vice President, Population Health & Clinical Consulting

Director of Health & Wellness Consulting

Health & Wellness Consultant and Registered Dietitian

Salt Lake City, Utah

Jan 2024 - current

2017 – 2024

2016 – 2017

- Provide vision and strategic leadership for positioning services internally and externally
- Manage team of Population Health Consultants, Medical Director, Behavioral Health Director, Health Education Lead, Population Health Coordinator, and interns including recruiting, hiring, training and career development
- Inform agency's approach to health management for more than 2,200 clients to highlight meaningful, relevant content within company wellbeing initiatives including DEIB, weight-neutral healthcare, and a concentrated effort on whole-person health including physical, emotional, social, environmental, and financial
- Directly consult with key accounts and oversee 250+ dedicated client assignments
 - Advise clients, representing a spectrum of industries that includes construction, manufacturing, municipalities, professional services, retail, technology, and transportation, on best practices related to preventive care, health promotion, and health protection through the lens of a holistic and inclusive approach to population health
 - Educate on legal and regulatory requirements to ensure compliance with ACA, HIPAA, EEOC and GINA
- Evaluate solutions and establish collaborative relationships with carrier, vendor, and community health partners to effectively enhance the health and wellbeing of a diverse client population
- Collaborate with internal working groups as a subject matter expert and organizational leader

Key Accomplishments:

- Evolved department by creating current position and restructuring team to expand reach and services
- Scaled services by defining scope of services, structuring approach to client support, implementing a workflow management process and tracking system, streamlining access to our tools and content, and adding virtual programming and educational elements resulting in:
 - Improved efficiencies and workflow to maintain growth of client engagement by more than 85% while adding less than 10% FTE over previous five-year period
 - Expanded offerings to regional markets and scaled to support growth with 35% of clients now served based with agencies in AZ, CO, ID, NV, and TX

Nutrition Mechanic

Performance Dietitian

Virtual

Jan 2023-current

- Provide 1:1 nutrition counseling primarily for ultra-endurance athletes

US Speedskating

Team Sport/Performance Dietitian

Salt Lake City, Utah

May 2018 –April 2019

- Consulted on dietary intake, supplement protocols, and performance guidance for short and long-track athletes
- Led introduction of performance kitchen in new performance center, including procurement, education and direction, and hands-on workshops
- Participated in multi-disciplinary sport science team to improve athlete development
- Managed budgets for the kitchen as well as the general nutrition budget

- Collaborated with sport nutrition food and supplement companies to establish new or progress existing partnerships to support athletes
- Oversaw performance nutrition intern to assist with performance kitchen, body compositions, nutrition counseling for development athletes, and establishing protocols around recovery nutrition

eNRG Performance

Sport Dietitian Consultant

Colorado and Utah

June 2015 – March 2018

- Provided general and sports-specific nutrition counseling in-person and virtually
- Administered and interpreted testing including metabolic efficiency testing, body composition, sweat sodium, and general health screenings and offered guidance based on results and individual goals
- Conducted sports nutrition research – assisted as a co-investigator for a supplement study, and oversaw a sports nutrition product comparison pilot study

US Ski and Snowboard Association

Graduate Student Intern

Park City, Utah

Fall 2013 – Spring 2015

- Conducted one-on-one counseling with USSA athletes under observation
- Provided sports nutrition talks and food demonstrations for teams and training camps
- Updated sports nutrition information sheets
- Observed anthropometric body composition testing and interpreted results

Interim High-Performance Chef

Summer 2013

- Provided breakfast, lunch, and recovery nutrition for USSA athletes training at the Center of Excellence
- Responsibilities included: budgeting, planning, and purchasing food; preparing and serving meals and recovery foods; and overseeing food service volunteer

Sports Nutrition Volunteer

Summer 2012 – Summer 2013

- Assisted dietitian in food service and with various nutrition-related projects
- Responsible for upkeep of food service during center's 'off-season', catering to local and injured athletes

The Orthopedic Specialty Hospital

Research Assistant, Sports Nutrition

Murray, Utah

Fall 2014 – Spring 2015

- Provided youth nutrition clinics including creating the agenda and educational material, planning and preparing food for demonstration, and executing clinics
- Completed projects include: created meal plans, developed recipes, conducted nutrition analysis for patients, updated nutrition fact sheets, and developed summary sheets for current topics of interest

The University of Utah

Teaching Assistant, Sports Nutrition

Salt Lake City, Utah

Fall 2013 – Spring 2014

- Lectured, proctored and graded student projects and exams
- Conducted basic health screenings including cholesterol, hematocrit, blood pressure, and body composition

PRIOR WORK EXPERIENCE

IBM

Advisory Client Representative

Dallas, Texas

2009 – 2011

- Exceeded both profit and revenue targets for all established Sales Plans
- Selected for the peer-to-peer award for STAR performance in first quarter from time of hire

Relevant Contract Work

Prior contributing author for USA Triathlon Newsletter
 Prior consulting work with multiple USA Olympic teams
 Prior freelance writing and editing for Elsevier Journal

Related Certifications and Affiliations

Registered Dietitian (Nutritionist), Certified Dietitian – 2015-current

Certified Intuitive Eating Counselor – 2021-current

Board of Directors, Utah Academy of Nutrition and Dietetics – 2020-2021

ISAK Level 1 Anthropometrist (certification expired)

Metabolic Efficiency Training Specialist Level 1 (certification expired)

Conference presentation topics (created and presented):

- The Weight-Loss Landscape: Employer Considerations in the GLP-1 Era (2024)
- Weight-Inclusion in the Workplace (2023)
- Worksite Wellness Compliance: What Employers Need to Know (2021)
- Wellness + Roundtable Discussion/Facilitation: Best Practices + Industry Trends (2020)
- Integrating Safety and Wellbeing (2019)
- Best Practices in Wellness (2018)
- Creating SPACE (2016)

Health education topics (created and presented):

- Health at Every Size 101
- Good Mood Foods
- Healthcare Consumerism 101
- Intuitive Eating
- Healthy in a Hurry
- Intention in the Kitchen
- Everyday Nutrition
- Eating Healthy for the Holidays
- Sleep, Presence, Activity, Creativity and Eating
- Managing Chronic Conditions through Nutrition Interventions
- Women's Health 101
- Food Demonstrations