



INTRODUCING

WELLNESS COACH WEIGHT MANAGEMENT:

Your Path to long term health and happiness

Personalized Coaching, Rewards, and Support

We're thrilled to introduce you to our specialized 6-month or 12-month **Wellness Coach Weight Management Program**. This program is designed for employees who are either actively taking GLP-1 medications and looking to transition to a healthier lifestyle after achieving their goals, or for those who no longer qualify for GLP-1 medications.

Our goal is to support your every step toward achieving your weight management goals. Here's what's included:

- **Personal Coaching:** Enjoy up to 4 personal coaching sessions each month with a dedicated coach who has a proven track record in weight loss success to support long-term sustainable change.
- **Cash Rewards:** Earn cash rewards for achieving weight loss milestones, giving you extra motivation to stay on track and celebrate your success!

✓ Who is this program for?

- **Current GLP-1 Users:** Available to employees currently taking GLP-1 medications to focus on long-term sustainability.
- **Transitioning Individuals:** Available to employees who are at goal or no longer eligible for GLP-1 medications.

✓ Eligibility Criteria (decided by your company):

- **A1C Levels:** An A1C level of 7 or higher
- **BMI Threshold:** A BMI of 25 or higher.
- **Medical Proof (Optional):** Lab results or a doctor's note.

A screenshot of the Wellness Coach app's 'Patient Intake' form. The form is displayed on a smartphone screen. At the top, it says 'Patient Intake' and '1 / 16'. The first question is 'What was your gender at birth? *' with 'Female' selected. The second question is 'What is your age? *' with an empty text input field. Below the input field are three buttons: a download icon, 'Back', and 'Continue'. The form continues with questions 3, 4, and 5, which are partially visible: 'What is your height (ft, in)? *', 'How much do you weigh? *', and 'Do you have any of the following conditions? (select all that apply) *'. A 'Help' button is visible at the bottom left of the form.

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Setting and Achieving Your Goals:

- 1 Fill out Basic Information:** You will fill out a general health assessment with your information like current weight and target weight.
- 2 Goal Setup:** Your target weight can be set with the help of your coach.
- 3 Tracking:** You will be able to seamlessly track your daily steps to contribute to your weight wellness journey.
- 4 Daily Steps Goal:** Here's our chart to set up your suggested daily steps goal.

Daily Steps	% weight loss per month
5,000 steps/day	No significant weight loss. Maintaining current weight.
8,000 steps/day	Estimated weight loss 1%-2% of body weight per month.
10,000 steps/day	Estimated weight loss 2%-3% of body weight per month.
12,000 steps/day	Estimated weight loss 3%-4% of body weight per month.
15,000 steps/day	Estimated weight loss 4%-5% of body weight per month.
20,000 steps/day	Estimated weight loss 5%-6% of body weight per month.



I lost 5% of my weight in 4 months and feel more energetic. My digestion and sleep have improved. Coach Jenny and her support and tips have been invaluable. This has been a life-changing experience.

-Weight Management Program Participant





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Program Highlights:

Each month, you get a dedicated coach with a proven track record in weight management and fitness. Your coach will address all your fitness and nutrition questions and be with you every step of the way to transform new habits for long-term sustainable change.

Here's what you can look forward to each month:

Month	% weight loss per month
Month 1 - Laying the Groundwork	Submit your assessment data, start activity tracking with wearables, book 1:1 sessions with your Nutrition coach, and begin low-intensity workouts.
Month 2 - Building Healthy Habits	You will learn about nutrition, track meals, increase activity, continue low-intensity workouts, and have monthly check-ins with your coach.
Month 3 - Progress Tracking	Mid-program review includes updating assessment data, adjusting goals, and setting new targets with your nutrition coach. You will track meals, increase daily steps by 20-30%, intensify workouts, and have monthly check-ins with your coach, along with progress.
Month 4 - Building Momentum	Learn about superfoods, supplements, and track meals. Increase daily steps by 30-40%. Intensify Workout: Step up your exercise routine.
Month 5 - Advanced Lifestyle Integration	Learn dietary strategies and track meals. Increase daily steps by 40-50%. Intensify Workout: Step-up exercises, tracked with wearables.
Month 6 - Program Culmination and Future Planning	Learn on how to maintain a food journal. Final Assessment: Share data and check in with your coach for sustainable habits. Activity Tracking: Increase steps by 50% with wearables.

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End of the Program Assessment:

At the end of your program, you'll have the opportunity to undergo a final assessment of your entire weight loss journey. During this assessment, you can:

- ✓ Rate Your Overall Experience
- ✓ Evaluate Your Current Health and Happiness Levels
- ✓ Share Your Current Weight Achieved through the Program
- ✓ Reflect on Improvements in Your Exercise Frequency
- ✓ Discuss Future Outlooks and Goals
- ✓ Provide Feedback to Help Us Improve Our Program

Suggested Rewards and Recognition

Get Ready to Reap the Rewards of Your Success – You've Earned It!



Here is an example breakdown of your rewards:

Milestone Achieved	Reward Offered
Milestone Rewards <ul style="list-style-type: none"> • 5% weight loss • 10% weight loss 	<ul style="list-style-type: none"> • 2,000 reward points • 4,000 reward points
Goal Achievement	Public recognition and certificate
Step-based Rewards (monthly reward) <ul style="list-style-type: none"> • 8k steps per day • 12k steps per day 	<ul style="list-style-type: none"> • 10 reward points per day • 20 reward points per day
Consistency Rewards <ul style="list-style-type: none"> • Completed 1 coaching session per month • Completed 2 coaching sessions per month • Maintain weight for 3 months post-program 	<ul style="list-style-type: none"> • 250 reward points • 500 reward points • 2,000 reward points

Embark on your journey to a healthier, happier you with Wellness Coach – where support, rewards, and success await at every step!