

Weight Loss Program

Personalized Coaching + Optional Labs

Build lasting habits with expert 1:1 guidance. Start with simple assessments and transition into personalized nutrition and fitness plans designed for long-term success.

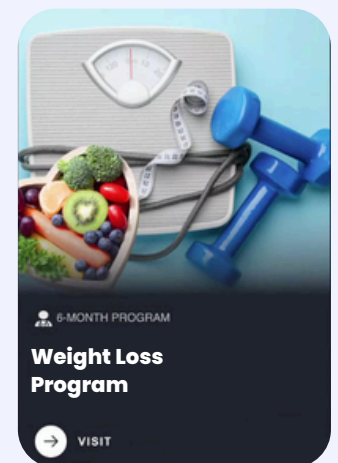


Here is what is included:

-  **Personal Coaching:** You'll get up to 4 personalized coaching sessions each month with a dedicated weight loss expert focused on your sustainable, long-term success. While your coach will typically recommend meeting weekly, the exact schedule depends on your individual needs and goals.
-  **Optional Labs (US Only):** You have the option to complete lab work at months 0, 3, and 6. These labs are fully included at no extra cost to you, but they are completely optional.
-  **Cash Rewards:** You can earn up to **\$200 in cash** incentives as you hit key weight loss milestones, giving you extra motivation to stay on track and celebrate your progress.
-  **Tracking Device & Scale:** We will provide you with a weight scale and a tracking device if you don't already have your own.

How the Application Journey Works

- 1 Apply:** On the Wellness Coach home page, find your employer's name in the carousel and tap the Weight Loss Program card to complete the intake form.
- 2 Review & Confirm:** Our team will review your submission and contact you regarding your eligibility status.
- 3 Start:** If approved, you'll be paired with an expert coach to guide your nutrition and fitness journey, providing the personalized support needed to build habits that last.



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TO DOWNLOAD
WELLNESS COACH

