

Weight Management Program

Personalized Coaching and Support

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

Here is what is included:



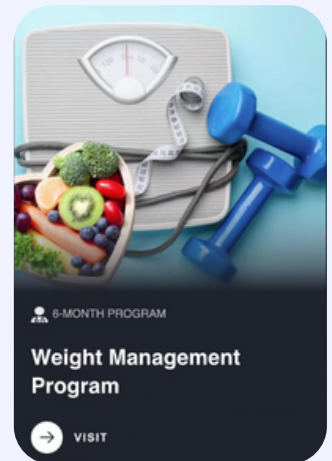
Personal Coaching: Enjoy up to four 30-minute personal coaching sessions each month with a dedicated coach. You'll need to attend at least one session each month.



Cash Rewards: Earn up to **\$200 in cash rewards** for achieving weight loss milestones, giving you extra motivation to stay on track!

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 Management 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



Program Overview by month:

- 1. Foundations:** Master food and exercise basics.
- 2. Healthy Habits:** Make better choices every day.
- 3. Progress Tracking:** Watch your body transform.
- 4. Building Momentum:** Feel stronger and more energetic.
- 5. Lifestyle Integration:** Fit health into your schedule.
- 6. Future Planning:** Keep your results for life.