

# HEALTHY TRIM

BY HEALTHPER

We Drive Maximum Engagement!



The **Healthy Trim** program is designed to help the program participant lose weight. The program focuses on detox and fat loss.

## HOW IT WORKS

Once participant enrolls in the program, they get access to their Healthy Trim account (mobile app and website) that includes their 4-week trim plan and information to order their nutritional supplements. The participant receives the supplements with-in two weeks and starts the program on the day of their choice. After following the program for four weeks, the participant can re-enroll or continue to maintain the lifestyle changes they have made.

## HEALTHY TRIM APP

Available on iOS and Google Play



EMPLOYERS



SIGN UP



EARN

Healthy & Productive  
Employee Culture



# VANDY M., Age 33

Health Condition: **Rheumatoid Arthritis**



**BEFORE**



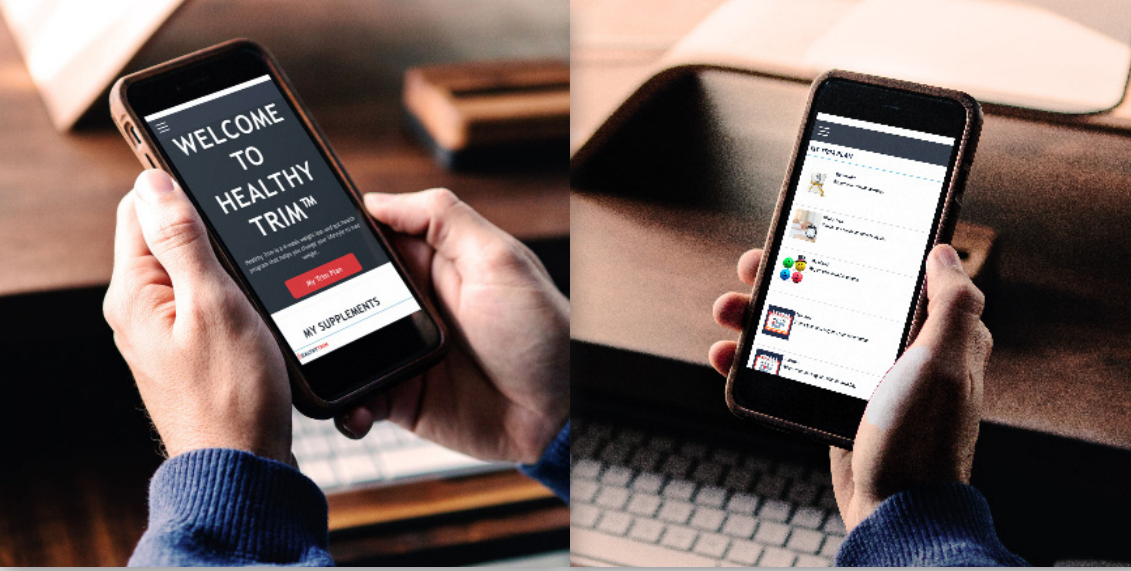
**AFTER**

On June 14th 2019 I made a decision to change my life to a Healthier lifestyle. At 33 I started at 239 lbs with a waist size of 40 inches. Fast forward to today. I have stuck with it and on August 14, 2019 will be my three-month anniversary. At 33 I currently weight 169 lbs waist size is 28 inches. I lost most of the fat. My goal is 150 lbs.

I want to give many thanks to the Healthy Trim weight loss program and its well-being coaches for their continued ongoing support. Your emails, supplements, mobile app and website is great. My RA specialist has been amazed with my weight loss results and resulting improvements in my RA condition.



**Weight Loss Program  
built to help you live  
a healthier lifestyle!**



# WEIGHT LOSS PROGRAM CASE STUDY

## SITUATION

- ✔ A technology services company
- ✔ 900 employees in multiple locations
- ✔ Chronic conditions and medical costs rising
- ✔ 23% employees obese

## SOLUTION OVERVIEW



Managed Onboarding



72 eligible members enrolled in Healthy Trim weight loss program



Meal plan with portion sizes and ingredients for home cooked meals



Personalized nutritional supplements to support healthier weight loss



Inspirations & motivations backed by artificial intelligence and supported by well-being professionals

## SUMMARY RESULTS

### After First 4 Weeks

- ✔ Average 15 lbs weight loss across 72 participants
- ✔ Max weight loss 27 lbs
- ✔ Min weight loss 9 lbs
- ✔ 6 participants had weight loss between 19 lbs and 22 lbs

### After 10 Weeks

- ✔ 89% of the participants re-enrolled for another 4 weeks after a 2-week supplement break
- ✔ Average 24 lbs weight loss across 64 participants in 4 weeks
- ✔ Max weight loss 27 lbs
- ✔ Min weight loss 16 lbs
- ✔ 19 participants had weight loss between 21 lbs and 22 lbs

Results show that lifestyle change sustained among 72 participants in 10 weeks was 39% more in the participants who did the program for only 4 weeks.

References: Sample personalized diet plan including supplements manufactured by Modere, that was used by the participants in the study. The dietary guidelines from <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/appendix-2/> have been used as a reference when designing the diet plan. Morning: 15 minutes before breakfast, take 15 ml of a TRIM, Take a full bottle of the Energy Shot. For your breakfast, 2 Boiled Eggs, 15 minutes after breakfast, take one tablet of Burn with a full glass of water. Morning Snack: Half of a Green Apple. Lunch: 15 minutes before lunch, take one tablet of Adult Multi-Vitamin and one tablet of COQ-10 with one full glass of water. For your lunch, choose one item from the Protein options and one item from the Vegetable options. Protein Options: 100g Boiled Chickpeas (Black or White), Vegetable Options: 150g Spinach, 15 minutes after lunch, take one Burn and one Digestive Enzymes tablet with one full glass of water. Afternoon Snack: Half of a Green Apple, 15 minutes after snack, take 15 ml of a Liquid BIOCELL Pure. Dinner: 15 minutes before dinner, take one tablet of Adult Multi-Vitamin and one tablet of COQ-10 with one full glass of water. For your dinner, choose one item from the Protein options and one item from the Vegetable options. Protein Options: 100g Tofu, Vegetable Options: 250g Cauliflower, 15 minutes after dinner, take one Digestive Enzymes tablet with one full glass of water. Before going to bed for sleep, For first 3 days of the Trim Plan, take once pouch of Activate mixed with one full glass of water. Note that your supplement list has only 3 count of the Activate pouch, From the 4th day of the Trim Plan, take once pouch of Probiotic mixed with one full glass of water.