



HEALTHY
TRIM
BY HEALTHPER

WEIGHT LOSS PROGRAM

Join to change your lifestyle to improve your gut health and lose weight

Get a personalized daily action plan

Learn & share various ways to a healthier lifestyle

Lose weight in a healthier way!



ENROLL YOUR
EMPLOYEES
OR MEMBERS
OR
JOIN AS AN
INDIVIDUAL

WELCOME TO HEALTHY TRIM™

Healthy Trim is a 4-week weight loss and gut health program that helps you change your lifestyle to lose weight.

[My Trim Plan](#)

MY SUPPLEMENTS

HEALTHYTRIM

MY TRIM PLAN



My Weight

Report your weight everyday.



Sleep Well

Report your sleep duration everyday.



My Mood

Report your mood everyday.



Monday

Follow your veggie trim plan for monday.



Tuesday

Follow your veggie trim plan for tuesday.

4-WEEK WEIGHT LOSS PROGRAM

HELPS YOU CHANGE YOUR LIFESTYLE AND LOSE WEIGHT



Designed to guide you through every step of your weight loss journey.



Nutritional supplements with instructions to support your weight loss.



An inspirational community and communications powered by Artificial Intelligence, that delivers tips and motivations to help you maintain or lose weight.



EMPLOYERS



SIGN UP



EARN
Healthy & Productive
Employee Culture



HEALTHY TRIM

BY HEALTHPER

We Drive Maximum Engagement!

HEALTHY TRIM APP

Available on iOS and
Google Play



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.



VANDY M.,

Age 33

Health Condition: Rheumatoid Arthritis and Thyroid

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 on going 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 and Thyroid condition.



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



BEFORE



AFTER

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



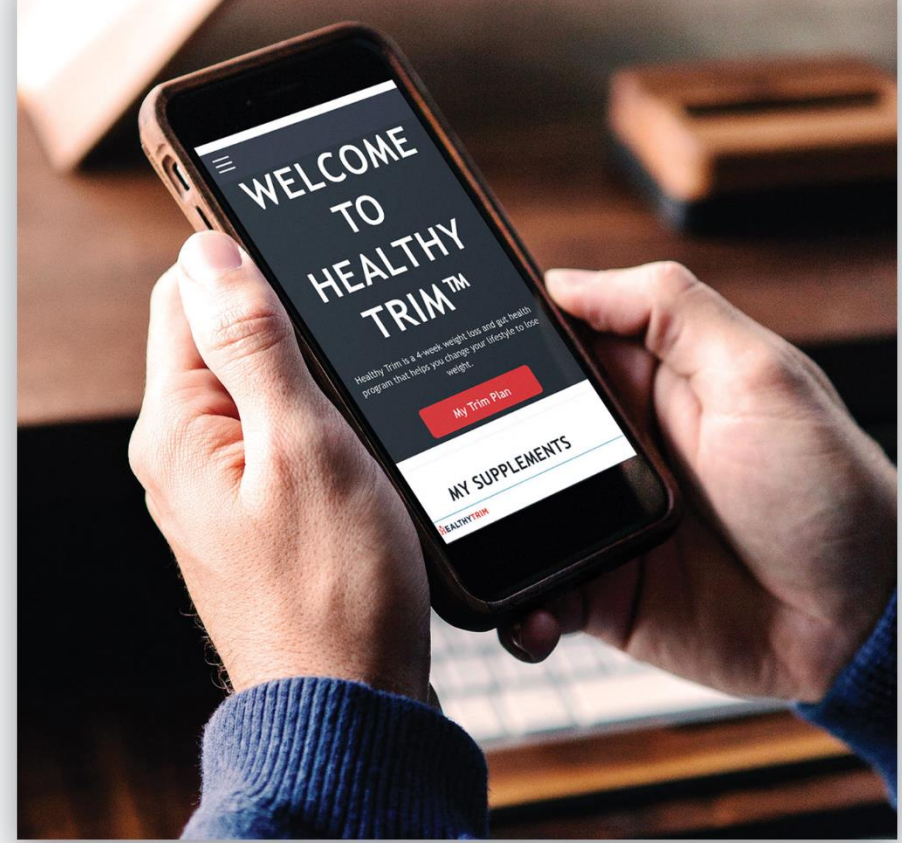
Meal plan with portion sizes and ingredients for home cooked meals



Personalized nutritional supplements to support healthier weight loss



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



**Weight loss program built to help you
lose weight in a healthier way**

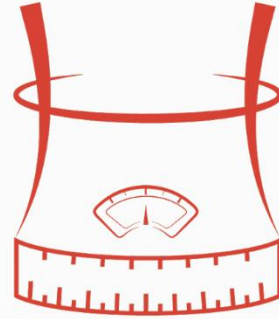
SUMMARY RESULTS

After First 4 Weeks

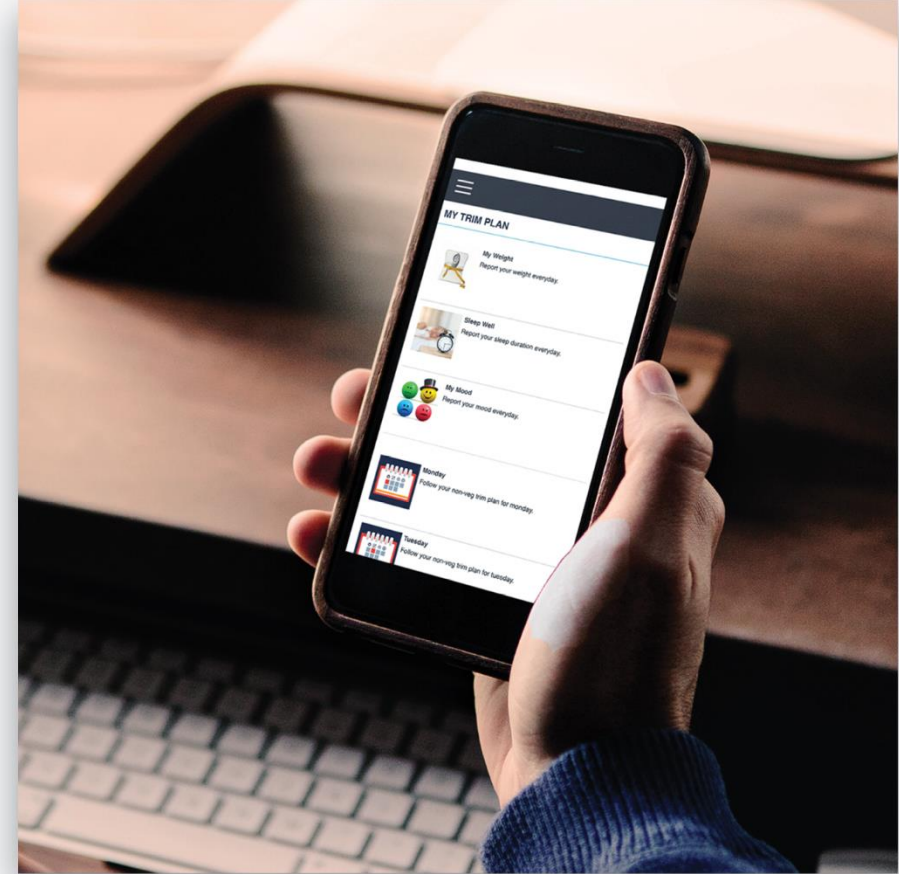
- ✔ Average 15 lbs weight loss across 72 participants
- ✔ Max weight loss 27 lbs
- ✔ Min weight loss 9 lbs
- ✔ 6 participants had weight loss between 19 lbs and 22 lbs

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.

Healthper Products & Offers

Embed in your existing offering or offer as a
Standalone

HEALTHY LIVING

includes comprehensive health assessment, four team challenges, personal health record and a community that inspires you and where you inspire others.

HEALTHY HEART

is a 12-week coached well-being challenge that focuses on heart health.

HEALTHY MIND

is a 12-week challenge that focuses on the importance of meditation and stress management.

HEALTHY YOU

is a well-being program that allows full customization including white labeling.

HEALTHY HABITS

is a well-being program that includes unlimited coaching and focuses on making healthy a habit.

HEALTHY STRIDE

is a 12-week step challenge.

HEALTHY MOVE

is a 12-week activity challenge.

DRINK UP

is a 12-week water drinking challenge.

RETURN TO WORK

is a COVID-19 Screening & Testing program.

CONTACT US

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