Transform your future!

Transform for Weight Management

A personalized program you can count on

Transform for Weight Management is a weight loss and maintenance program that is convenient and easy to fit into your schedule, with no in-person meetings. You'll track your progress, participate in lessons and communicate directly with your coach through your smartphone or tablet.

DOW®

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What to expect

Transform for Weight Management is a yearlong program with two distinct phases:

1. Transform Core | 6 months

The first six months of the program focus on learning sessions with built-in activities that help you apply the information to your own life right away. The learning sessions cover topics related to:

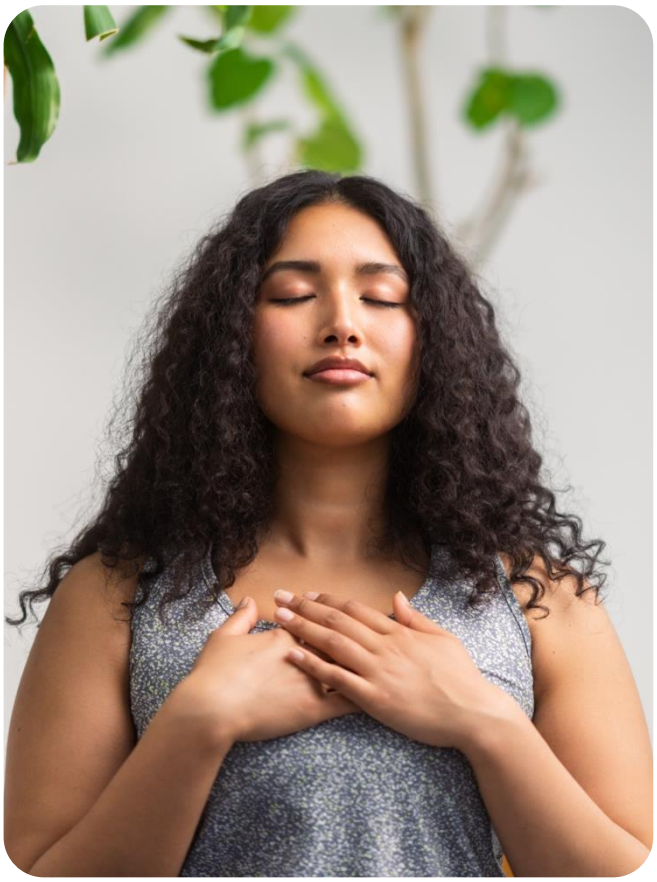
- Sustainable weight loss
- Being more active
- Healthy eating
- Emotional and mental resilience

You'll have weekly lessons the first four months and bi-weekly the next two. Each week you'll also connect with your health coach for individual support and goal-setting. Sessions are remote through phone calls and chat on the Transform app.

2. Transform for Life | 6 months

The remaining six months of the program are dedicated to maintaining and reinforcing the new healthy behaviors you developed in the first six months.

You'll receive monthly learning sessions and coach check-ins.



Program goals

While you're in the program, we set two primary goals for you:

1. Reduce your weight by 5–7% of your starting body weight

This small amount of weight loss can reduce your risk of developing type 2 diabetes by about 60%.

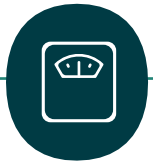
2. Increase your physical activity to 150 minutes each week

Your coach will help you incorporate more physical activity at moderate intensity throughout the week. For example, 30 minutes of brisk walking, five days a week, will get you to this goal.

There are many different ways to be active. The program is designed to help you find something that you enjoy and fits with your schedule.

Devices to track your progress

We send you two devices by mail that can help you and your coach track your two main Transform goals: reduce weight and increase physical activity.



Scale

You'll receive the scale either before or very close to your program start date.

Once you set up your scale and connect it to your Transform account, all your weight measurements will be sent to your Transform app and to your coach. That way you can both track your progress in real time.

Activity tracker

Once you've been fully engaged in the program for four weeks, you'll be eligible to receive an activity tracker!

An activity tracker is a device worn on your wrist that tracks the steps you take and the calories you burn.

You'll sync your device with your Transform app so you can track all your progress in one place.

Stay informed, motivated, connected and on track

The Transform for Weight Management program is centered around personalized coaching and the mobile app. The app has four great features to help you be successful. Please note that the Transform app is mobile only and is not accessible with a desktop or laptop computer.

Transform app features

Lessons:

Learn from a comprehensive curriculum focused on nutrition, exercise and other lifestyle factors like stress management and social support.

Food tracking:

Take photos of each meal and upload them to the app for your coach to see. Or enter what you eat manually—it's up to you.

Communication:

Chat directly with your health coach or your Transform Community Group—a support group of 10–15 other people with similar goals who are going through the program at the same time as you.

Personal dashboard:

Enjoy a visual display of all your data in one place where you can easily see your weight loss and weekly activity progress.

Personal health coaching

A dedicated health coach will guide you through your journey and provide logistical, informational and emotional support. Your coach will help you create a health vision and set attainable weekly goals to help keep you on track and accountable.

You'll stay connected to your coach through a combination of regular phone calls and chat on the Transform app.

Program requirements and expectations

We've just outlined everything that we promise to deliver to help you reach your health goals. But if you're going to experience long-term benefits from the program, you'll have to meet us halfway. Here's what we expect from you.

A commitment to:

- Regularly check in with your health coach
- Use the scale three times each week on different days
- Track your food three times each week on different days
- Track 150 minutes of exercise each week
- Complete each lesson and quiz
- Participate in the Transform Community Group chat
- Use a smartphone or tablet with the latest operating system
- Willingly adopt healthy new lifestyle habits

Your next steps

The next thing for you to do is to sit tight! Here's what you can expect:

- In a few days we will introduce you to your health coach and confirm your program start date.
- You'll receive your scale by mail. We will send it to the address you provided on your online enrollment form.

If you have any questions, don't hesitate to reach out to us!

Call us toll-free at **888-345-2425** or email us at **transform@personifyhealth.com** and we'll be more than happy to answer any questions.

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