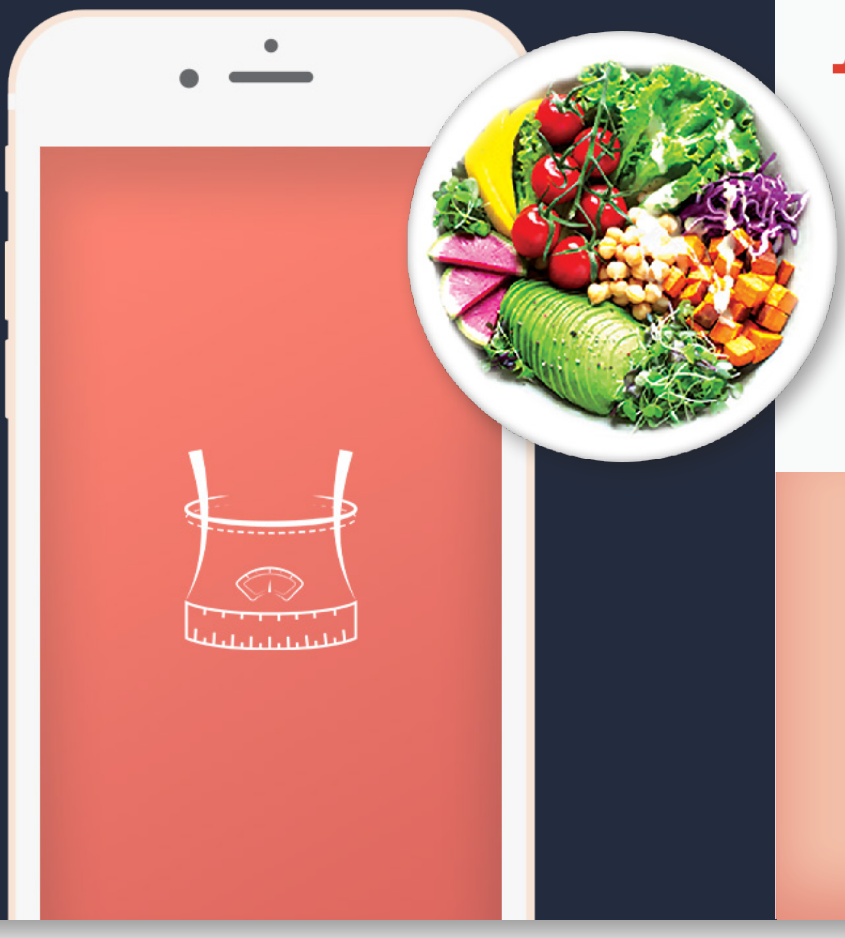


HEALTHY TRIM
BY HEALTHPER

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

Download on the App Store

GET IT ON Google Play

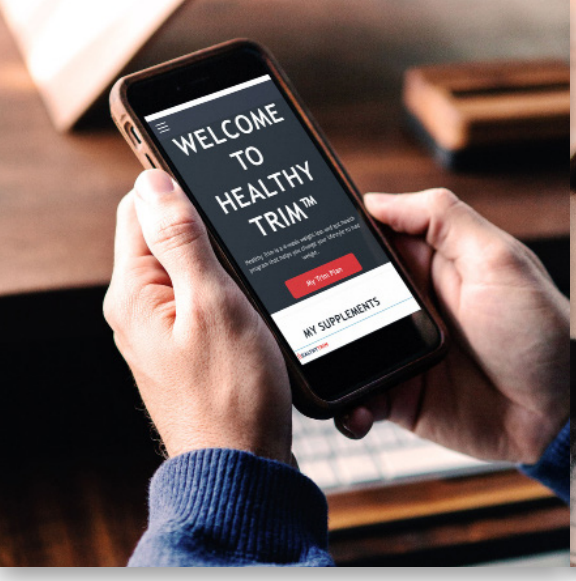
EMPLOYERS .... **SIGN UP** .... **EARN**

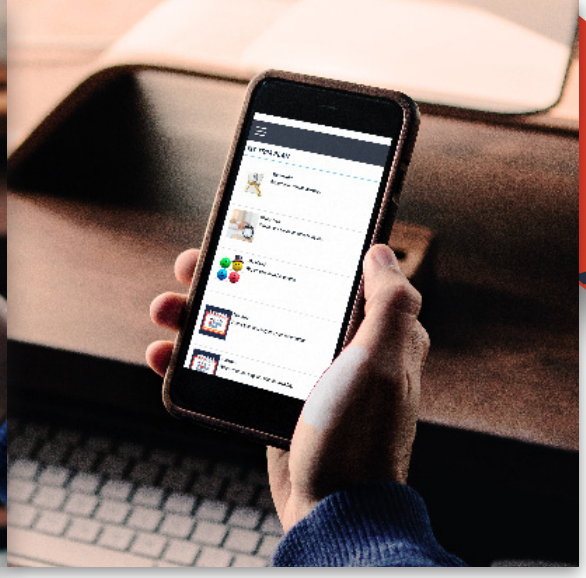
Healthy & Productive Employee Culture

HEALTHPER
Your Well-Being Architects

Healthper USA, Inc. | contact@healthper.com

https://healthytrim.healthper.com





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.

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