

Pivio – The Complete Health Improvement Program

TRANSFORM YOUR HEALTH

At <name of organization>, we are proud to support our employees on their journey to health. As a close-knit community, we believe that every employee should have the opportunity to be the best version of themselves. That's why we are thrilled to offer Pivio – The Complete Health Improvement Program as a sustainable, healthy lifestyle choices program for our employees.

So what is Pivio, and how can you get involved? Pivio is a program that focuses on whole person health and offers a path to consistency through manageable and small everyday lifestyle choices. It is not an overwhelming “all at once” process, but rather progresses over 12 weeks with a group of your peers. It's built for you to learn and set healthy habits that can then be carried throughout your life. Pivio is rooted in behavior change techniques and helps you get to the root of what motivates you and how you can leverage that to achieve your goals.

With Pivio you will:

- **EXPERIENCE** a complete, whole-person approach to healthy lifestyle transformation
- **LEARN** healthy, lasting habits for long-term results
- **BUILD** a support system with your peers
- **DISCOVER** how lifestyle medicine can be applied to your daily life
- **GAIN** a comprehensive framework to pivot towards a healthier you

There are many past participants who will support you on your journey to becoming your healthiest self. As Tonya, a recent participant, shares:

“After beginning the Pivio program, I feel empowered. I feel like I’ve been given the tools to start my new life. When I’m healthier I feel more confident, can move around better, and can affect other people’s lives more positively.”

Pivio is built off of CHIP, a clinically proven solution that really works! It is built on the foundation of CHIP, the first lifestyle medicine program certified by the American College of Lifestyle Medicine (ACLM). Consider these average proven clinical outcomes:

- 17 LBS weight loss
- Significant BMI decrease
- LDL cholesterol drop of 21 MG/DL
- Total cholesterol drop of 28 MG/DL
- Normalized blood pressure in most cases

Are you ready to learn more and take the next step to join the Pivio community? You will never be alone in your journey, but instead will be surrounded by past Pivio participants, Pivio expert partners (physicians, coaches, dieticians, nutritionists, etc.), team members from our organization, and your family, friends, and local community members.

Here are all of the details to join our next Pivio info session, we can’t wait to get started together!

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Shorter Version

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