

Information Session Presentation Notes

Slide #	Slide Topics
1-2	<p>Welcome</p> <ul style="list-style-type: none"> • Greet your class with a smile and a warm welcome. • Give brief overview of why your practice/organization is offering Pivio <p>Agenda Review</p> <ul style="list-style-type: none"> • The purpose of today is to provide each of you an overview of Pivio, how it works and discuss next steps
3	<p>Prioritizing Your Health – What is Your WHY?</p> <ul style="list-style-type: none"> • We all know that we need to prioritize our health, but many of us have a hard time putting it into practice. Let’s take a few moments to watch this brief video • Play video • Wow, that is powerful. Would anyone like to share their initial reactions or thoughts? • Encourage participation by offering your thoughts first if needed
4-6	<p>What is Lifestyle Medicine</p> <ul style="list-style-type: none"> • Lifestyle Medicine is an evidence-based approach to treating and reversing disease by replacing unhealthy behaviors with positive ones Dr. Mills plays Jenga with participants • Lifestyle medicine focuses on improving whole person health <p>Six Pillars of Lifestyle Medicine</p> <ul style="list-style-type: none"> • Pivio is built off of 6 key pillars of lifestyle medicine: plant-rich eating pattern, physical activity, meaningful social connections, avoidance of risky substances, sleep and rest and stress management <p>Lifestyle Risk Factors</p> <ul style="list-style-type: none"> • Focusing on improving your lifestyle is key to healthy living • Choices that we make every day on what we eat, how much we move, how we manage stress, our sleep habits and how we treat our relationships all play a part in determining a person’s health • It’s eye opening to hear that <u>70%</u> of chronic disease is caused by lifestyle factors • Most of the top causes of death in U.S are lifestyle related • By practicing lifestyle medicine, you can drastically reduce your risk of developing chronic disease and even assist in the reversal of chronic disease

7-13

What is Pivio

- Pivio is an intensive lifestyle intervention program that addresses the root cause of chronic disease: lifestyle
- Pivio leverages education, behavior change techniques, and social support to help you learn and set healthy habits to carry with you for the rest of your life. It is an important commitment that prioritizes your health and wellbeing.
- *Introduce Video:* Here is a quick video that highlights how Pivio works.
- *PLAY VIDEO*
- Pivio is built on research with over 40 peer-reviewed published articles and the ACLM endorsement

The Eating Continuum

- This is the foundation nutritional message that's delivered in the Pivio program.
- From years of research, we know that people who eat a diet that is heavily meat, dairy, eggs, processed food, alcohol and sugar sweetened beverages tend to have worst possible health outcomes
- Pivio helps you move towards the right side of the eating continuum that support the best possible health outcomes
- Please note while we encourage you to eat a whole-food plant-based diet, this is not a vegan program. Pivio helps support you in moving towards the green and meeting you where you're at and encouraging you on your nutritional journey.
- Big changes yield big results, and this is the pillar that can make the biggest impact on your health
- Pivio will help educate and encourage you to be on a more whole-food plant-based eating pattern.

Decreasing Risk Factors

- These are typical changes we've seen in participants that go through a lifestyle medicine program and have implemented the changes that the program recommends
- With lower cholesterol, triglycerides and fasting glucose, one's overall risk factors for many chronic diseases are reduced
- This data is from a cohort of approximately 5,000 participants that went through a lifestyle medicine program and the results they experienced after 30 days

Improved Health Outcomes

- Not only will Pivio help decrease risk factors, but it will also improve overall health outcomes long term
- This data is from the same study but one year later

	<ul style="list-style-type: none"> As you can see cholesterol continued to drop to healthy levels and heart health and blood circulation improved <p>What Do Pivio Participants Have to Say?</p> <ul style="list-style-type: none"> This is Tonya. You'll get to know her and her health journey in the Pivio program <i>Read her testimonial</i> This is Tupotu, another Pivio participant who you'll follow in the Pivio program as well <i>Read his testimonial</i>
14-16	<p>Program Curriculum</p> <p>The 12-Week Content Overview</p> <ul style="list-style-type: none"> This slide shows the content covered each week during the 12 week program <i>Read the topics for each week</i> <p>Supportive Journey</p> <ul style="list-style-type: none"> What makes Pivio unique and effective is that it highlights the importance of behavior change in a group setting The group setting allows participants to learn while building relationships Throughout the program you're encouraged to set, review and track your SMART goals Each week your group will have a check in to discuss challenges and successes Making lifestyle changes can be difficult and Pivio is created to be a supportive journey by utilizing a number of resources
17-21	<p>Program Delivery</p> <p>Program Structure</p> <ul style="list-style-type: none"> The Pivio program entails facilitated group sessions over a 12 week period Each group session is lead by a certified Pivio facilitator <i>Mention how your organization is going to host the group sessions - will it be virtual or in person? If virtual, what platform? (i.e., Zoom, etc.) If in person, what location?</i> Throughout the program, you will have access to an online portal that guides you through the program. The portal offers a number of resources such as: health assessment surveys, a place to set and track goals, a meal planner and access to all the educational videos and content. <p>Core Session Structure</p> <ul style="list-style-type: none"> There are 12 core sessions focused on building knowledge and applying lifestyle medicine Each of the 12 core sessions are structured as follows <i>Read the slide</i> <p>Support Session Structure</p>

	<ul style="list-style-type: none"> • Along with the 12 core sessions, there are 6 additional support sessions focused on learning behavior change techniques and cultivating a support system within the group • These 6 sessions are hosted the first 6 weeks of the program • Each of the 6 support sessions are structured as follows • <i>Read the slide</i> <p>Metrics Collected</p> <ul style="list-style-type: none"> • To measure your progress the following metrics are collected in the beginning (during onboarding) and the end of the program. • <i>Read the slide</i>
22-29	<p>Program Resources</p> <p>Track Progress with Blood Tests & Health Assessment Surveys</p> <ul style="list-style-type: none"> • During the program you'll be taking blood test and health assessment surveys to track progress and measure success • Please note all health information entered into the Pivio Portal is confidential and protected <p>Goal Setting</p> <ul style="list-style-type: none"> • The Pivio Portal makes it easy to set goals. Here you will see screenshots of what you'll experience when adding a goal to track for the program. <p>Cookbook & Journal</p> <ul style="list-style-type: none"> • You will receive a hard copy of a cookbook full of healthy, delicious recipes and a journal to track your progress throughout your health journey • Both of these books will be mailed directly to you before the program begins <p>Edutainment Videos</p> <ul style="list-style-type: none"> • The program offers edutainment style videos. You will learn by watching episodes of "Pivot Point" – a series following real people and their journey toward optimal health • Pivot Point episodes make learning engaging, fun and real. <p>Understanding How to Change Ourselves</p> <ul style="list-style-type: none"> • In addition to the edutainment videos, you'll also watch understanding how to change ourselves videos. These videos are heavily rooted in behavior change techniques and motivation

	<p>Online Meal Planner</p> <ul style="list-style-type: none"> The Pivio Portal also offers an online meal planner. The meal planner has over 2,000 new recipes and makes planning your meals easy <p>Educational Resources</p> <ul style="list-style-type: none"> You will also have access to fact sheets and explainer videos. Both of these resources dive deeper into topics you may be interested in
30-32	<p>Benefits of Pivio</p> <p>The Pivio Advantage</p> <ul style="list-style-type: none"> <i>Read the slide</i> <p>Start Your Pivio Journey TODAY</p> <ul style="list-style-type: none"> <i>Read the slide</i>
33-34	<p>Registration Details</p> <ul style="list-style-type: none"> <i>Determine how your cohort will register for the program and update slide with these details to share with the Info Session participants</i>