



# TRANSFORMING HEALTH

ONE JOURNEY  
AT A TIME







## PIVIO – THE COMPLETE HEALTH IMPROVEMENT PROGRAM - POWERFUL LIFESTYLE MEDICINE PROGRAM

- Experience a complete, whole-person approach to healthy lifestyle transformation
- Learn healthy, lasting habits for long-term results
- Build a support system with group sessions led by accredited behavior change coaches
- Discover how lifestyle medicine can be applied to your daily life
- Gain a comprehensive framework to pivot towards a healthier you



## WHAT CAN YOU EXPECT ?

- 12-week program, consisting of 18 group sessions
- In-person and/or virtual options
- Engaging video series following the journey of real participants in Pivio
- Sustainable plan of action, built on six pillars of lifestyle medicine:

-  Plant-rich eating pattern
-  Physical activity
-  Meaningful social connections
-  Avoidance of risky substances
-  Sleep and rest
-  Stress management

**P!vio**<sup>TM</sup>

## THE 12-WEEK PIVIO EXPERIENCE



**WEEK 1**  
Lifestyle is the  
Best Medicine



**WEEK 2**  
Optimal Eating



**WEEK 3**  
Optimal Activity



**WEEK 4**  
Optimal Rest



**WEEK 5**  
Fiber, Your New  
Best Friend



**WEEK 6**  
Building Health  
for Life



**WEEK 7**  
Relationships &  
Social Support



**WEEK 8**  
Habit Hacking



**WEEK 9**  
The Power of  
Plants



**WEEK 10**  
Mastering  
Motivation



**WEEK 11**  
Breaking Down  
Barriers



**WEEK 12**  
From Surviving  
to Thriving

### KEY PROGRAM FEATURES

- Health status assessment and biometric lab work to establish baseline and set personal goals
- User-friendly web application serving as hub throughout program
- Group sessions led by Pivio-trained facilitators
- “Edutainment” style video content teaching how to sustainably apply lifestyle medicine and healthy habits in everyday lives
- Impactful content on behavior change techniques
- Multitude of additional resources to support your journey:
  - Journal
  - Cookbook
  - Articles
  - Fact Sheets
  - Explainer Videos



**I FEEL LIKE I'VE  
BEEN GIVEN THE  
TOOLS TO START  
MY NEW LIFE.**



After beginning the Pivio program, I feel empowered. In three weeks I lost 10 pounds, and continue to lose more weight as I maintain the journey at home. This has become my lifestyle, and I am very happy with it.

My cholesterol levels have already been dropping pretty significantly. I'm now only taking one blood pressure pill three times a week. When I'm healthier I feel more confident, I can move around better, and I can affect other people's lives more positively in the healthcare field."

- Tonya, 47

### BEGIN THE PIVIO JOURNEY TODAY!

We are excited and ready to have you begin your next chapter with Pivio. Contact your organization lead today for more information.

**P!vio**<sup>TM</sup>