



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.

GAIN

access to a multitude of
educational resources.

TRANSFORM YOUR HEALTH

A Supportive Journey

Pivio is a design for life – a complete health program. As a long-term lifestyle partner, Pivio is by your side each step of the way as you make changes and evolve:

- Focused on improved health and wellbeing
- Designed for life to promote sustainable, healthy lifestyle choices
- Dedicated to empowering participants with hope and positivity for the future

What Will You Get?

- Pre and post health status assessment
- Weekly facilitated group sessions
- Edutainment style video content to teach participants how to apply lifestyle medicine to their daily lives and build lasting, healthy habits
- A journal to track your progress and reflect on your journey towards better health
- A cookbook to find healthy, nutritious recipes and a meal delivery option to simplify and ease participants into healthy eating
- Educational materials such as articles, fact sheets and explainer videos on topics related to lifestyle changes and healthy living

What is it?

- A Lifestyle Medicine Solution
- Focused on whole-person health
- Facilitated over 12-18 Sessions (30-90 days) in a group environment with dynamic group discussions and peer support
- Integrates optimal nutrition, exercise and behavioral psychology principles and tools
- Can be delivered as an in-person class, online or a hybrid of online classes with in-person community support



Evidence it Works

On average, Pivio participants at highest risk experienced outcomes after 30 days.

- Positive changes in energy, mood, sleep, resilience, libido and digestion
- Better ability to deal with stress
- Decreased blood pressure • Reduced stress levels • Decreased body fat

How Can I Find Out More?

Attend an Info Session to learn how Pivio can transform your health.

Date	Time	Location

www.PivioHealth.com

P!vio