







## PIVIO WORKS

Pivio is built on the foundation of CHIP, the first lifestyle medicine program certified by the American College of Lifestyle Medicine (ACLM) **Proven clinical outcomes for those outside of ideal ranges include:**

-  4.9% weight loss
-  6.7% decrease in HbA1c
-  LDL cholesterol decrease of 11.8%
-  Total cholesterol decrease of 11%

## PIVIO – A SUPPORTIVE JOURNEY

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 you with hope and positivity for the future



## 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>™</sup>  
piviohealth.com

# TRANSFORMING HEALTH

ONE JOURNEY AT A TIME



**P!vio**<sup>™</sup>

# WHAT IS PIVIO?

## PIVIO – THE COMPLETE HEALTH IMPROVEMENT PROGRAM

**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



## KEY PROGRAM FEATURES

- Health status assessment and biometric lab work
- User-friendly web portal
- Group sessions led by Pivio-trained facilitators
- “Edutainment” style video series following the journey of real participants in Pivio
- Impactful content on behavior change techniques
- Multitude of additional resources:
  - Journal
  - Cookbook
  - Articles
  - Fact Sheets
  - Explainer Videos

## WHAT CAN YOU EXPECT?

- 12-week program, consisting of 18 group sessions
- In-person and/or virtual options
- Sustainable plan of action, rooted in effective behavior change techniques, and 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



## PIVIO STORIES – TONYA

**NAME:** Tonya, 47, Oklahoma City

**OCCUPATION:** Nurse

**INSPIRATION:** Her Grandmother

**FAVORITE PIVIO MEAL:** Chorizo Mac and Cheese (made with mixed vegetable “chorizo”, whole grain pasta, and cashew cream sauce for the “cheese”)

**FAVORITE WAY TO KEEP ACTIVE:** Walking

**GREATEST LIFESTYLE CHANGE WITH PIVIO:** Changing what I eat and how I prepare my meals



After beginning the Pivio program, I feel empowered. I feel like I’ve been given the tools to start my new life. 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.”

# SUCCESS