

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.



THE COMPLETE HEALTH IMPROVEMENT PROGRAM

is a lifestyle medicine solution designed to help you pivot away from chronic disease and pivot towards a healthier you. Based on the foundation of CHIP which has 40+ published scientific papers and has impacted tens of thousands of lives.

Attend an Info Session to Learn More!

DATE	TIME	LOCATION

P!vio[™]

www.PivioHealth.com

TM
P!vio



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

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

TRANSFORM YOUR HEALTH



EVIDENCE IT WORKS

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

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

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



Pivio™