

Stages of the program

1. Sign up using QR code



During sign-up you will:

- Book your initial 30 min meeting (phone, in-person, or online)
- Make payment
- Fill out a short Health Questionnaire

2. Prepare for the program

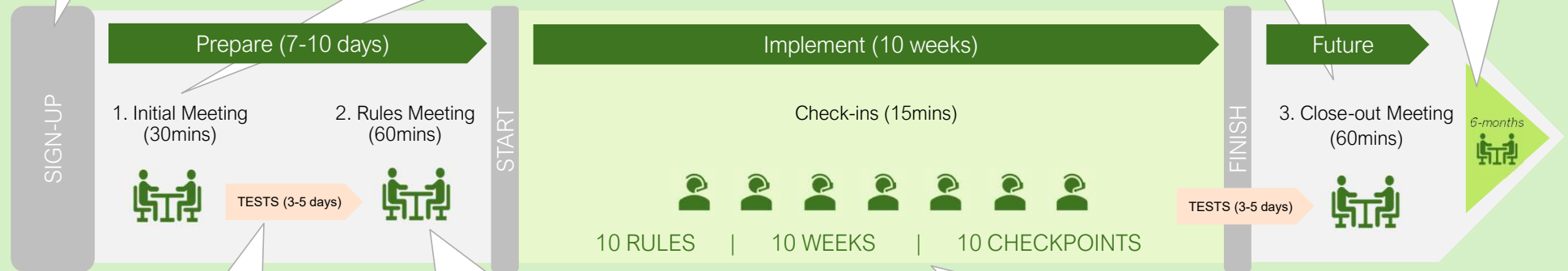
You will have an initial 30-minute meeting with Nicky to discuss your current health, your health goals and to ask questions about the program. This will help decide if you should do any health tests* before starting the program (*). You will also learn how to use the program's IT platform (Practice Better).

6. What happens at the end of the 10 weeks?

During your Close-out Meeting you will analyse and discuss your results and learn which rules have worked best for you and which rules you should continue. You will receive a Results Report after this meeting.

7. What happens after the program?

You should book a check-in session with Nicky 6-months after your program finishes. This is at no cost if you successfully refer someone to do the program.



3. Do baseline health tests*

You may get referrals to do specific health tests* at your first meeting. Most test results take 3-5 days to get results. You should book your second 'Rules' meeting (using the App) once your test results are back.

4. Get your rules and start the program

At your second 60 minute meeting with Nicky you will review and discuss your health test results and which diet and lifestyle changes will have the biggest impact for you. You will then agree your personalised 10 rules.

Your 10-week program will start the next Monday after this meeting.

You should print your official program and rules and keep it somewhere handy.

5. What to expect during the 10 weeks

Once your 10-weeks start there will be a weekly rhythm with:

- a 15-minute check-in with Nicky to monitor progress, adjust your rules, and allow you to ask questions
- a daily tracker which you submit each Sunday
- recipes and education about your rules

You can ask Nicky questions at any time using the App's chat function.

At your last phone check-in session you may get referrals to repeat your health tests. Once you have your results you can book your final 60 minute Close-out Meeting.