

# CHIP Core Benefits



Improve overall health & wellbeing  
...feel cared about and more engaged

**Clinically Effective**

## Clinical Benefits

- Facilitates disease reversal
- Reduces risk of heart disease
- Normalizes blood pressure
- Lowers cholesterol
- Lowers triglycerides
- Lowers fasting blood sugars
- Lowers BMI/excess weight



Reduces healthcare spending and diminishes related productivity costs

**Economically Beneficial**

## Economic Benefits

- For every \$1 invested, \$2 in reduced cost
- Overall gains in productivity



## Participants See Improvements

Energy / Mood / Sleep / Resilience / Libido / Stress / Digestion

- 30-year track record
- 52 scientific papers proving its efficacy
- 100% based on evidence
- Wholistic Health approach
- Group or Self-Guided experience use behavior change and self-discovery tools
- Reinforcement, extended support and encouragement
- Real-time support available through CHIPHUB Learning Management System
- Intensive education, motivation, knowledge and skill acquisition
- Multiple health risk assessments with biometric capture and reporting
- Track participant experience with the CHIP journey
- Access to additional content and support solutions
- State-of-the-art videos and printed work-, text- and cookbooks
- Customized engagement solutions
- CHIP Challenges

# A Comprehensive Solution That Works

## *What people are saying*

### CHIP is...

- Simple
- Flexible
- Scalable
- Interactive
- High-Touch
- Convenient
- Safe
- Affordable
- Proven to Work
- Evidence-based
- Educational
- Engaging
- Fun
- Entertaining
- Life Changing

### Program Delivery Personnel

- Delivered by Customer Organization
- Delivered by LMI (Lifestyle Medicine Institute) as a Turn-Key solution

### Program Delivery Methodology

- Virtual Groups (Digital Delivery)
- In-Person Groups
- Hybrid: Virtual & In-Person Groups
- Self-guided Experience

### Program Delivery Tools

- **CHIPHUB** (LMS) or **CHIPDRIVE** (USB flash stick)
- *Track More Wellbeing360* Health Risk Assessment
- *Track More* Lab Kit