



# CHOOSE TO LOSE

Program Guide

**YOU'RE ONLY A PHONE CALL  
AWAY FROM A HEALTHIER YOU**

Weight loss may be a difficult journey, but that doesn't mean you have to go through it alone. Choose to Lose is a 12-month program that will provide you with the tools and support you need to lose weight and get healthy!

**1.888.799.8742**  
**[www.triahealth.com/ctltools](http://www.triahealth.com/ctltools)**

# YOUR NEXT STEPS

Schedule Your First Health Coach Call

Call Tria Health at 1.888.799.8742 to schedule your first phone consultation with Tria Health coach.

Download the Necessary Health Apps

You'll need to download: Lose It! (calorie tracking) and depending on your device type, Apple Health or Google Fit (needed to connect your scale to Lose It!)

Log Your Food for the Next Week

Start tracking your meals in the Lose It! app. You don't need to change anything right now! This will help provide your coach with the info they need to make customized recommendations.

Complete Your Health Consultation

During your first consultation, your coach will review the program requirements and begin mapping out your weight loss journey.

Receive Your CTL Welcome Kit

We'll send you a welcome kit after your first consultation. Your kit will include a digital gift card that you can redeem for Lose It! Premium, a Fit Index scale, water bottle, and tape measure.

Connect Your Fit Index Scale with Lose It!

You'll find detailed setup instructions within your welcome kit. If at any time you need assistance with connecting your scale, please call the Tria Health Help Desk at 1.888.799.8742

Continue Logging Food, Exercise and Water on Lose It!

You'll Receive Weekly Communications with Your Health Coach via App Messaging, Phone Appointments and Email

# LOSE IT!

Tria Health is partnering with Lose It!, the industry-leading digital health and fitness platform that is centered on the proven principles of calorie tracking and community support for healthy, sustainable weight loss.

Members track their daily food intake and fitness activity, and can create goals, start or join community activities and competitive challenges, connect activity trackers, access your Tria Health coach, and more. In addition, Lose it! integrates with Apple Health and Google Fit if you are tracking movement through another device.

**DON'T FORGET:** Track your meals in Lose It! for at least one week before your initial appointment with your Tria Health health coach.



**Lose It!**

## YOUR SUPPORT SYSTEM

### Health Coach

Every member of the Choose to Lose program will be assigned a designated health coach. All health coaches are trained in matters of food, nutrition and their impacts on human health. During your first consultation, your coach will provide you with an overview of your health and fitness app's coaching feature, provide clarification for all patient requirements, determine the amount of coaching you'll require and educate you on food diaries, weekly check-in and additional tools available.

### Pharmacist

If you and your coach determine medication to be beneficial, you'll then be able to meet with your Tria Health pharmacist. During your initial consultation, your pharmacist will review all your current medications and determine if weight loss medication will be safe, affordable and effective. If your pharmacist determines weight loss medication to be appropriate, they will coordinate directly with your doctor to get a prescription written. You may be required to see your physician in advance of getting the prescription written.

# FREQUENTLY ASKED QUESTIONS

## How long does the program last?

Choose to Lose is a 12-month long program. Our goal for the duration of the program is to both help you reach your goal weight and/or equip you with the tools you need to maintain/achieve long-term weight loss.

## Do I need to purchase Lose It! premium?

While we recommend using Lose It! premium, you will not be required to pay for it out of pocket. After your initial consultation with a health coach, you'll receive a welcome kit in the mail. This kit will contain a gift card that will cover the cost of Lose It! premium.

## Do I have to have an activity tracker?

Activity trackers can be helpful in increasing physical activity, but are not required for participating in the Choose to Lose program.

## Are you going to tell me what I can eat? Or can I eat whatever I want?

Your health coaches will be available to provide nutritional guidance, but it is not required for you to consume anything specific. You will be the ultimate decision-maker when choosing your food selection.

## Do I have to exercise?

There are no minimum exercise requirements. However, physical activity is a necessary component of living a healthy lifestyle and successful weight loss. We highly recommend it!

