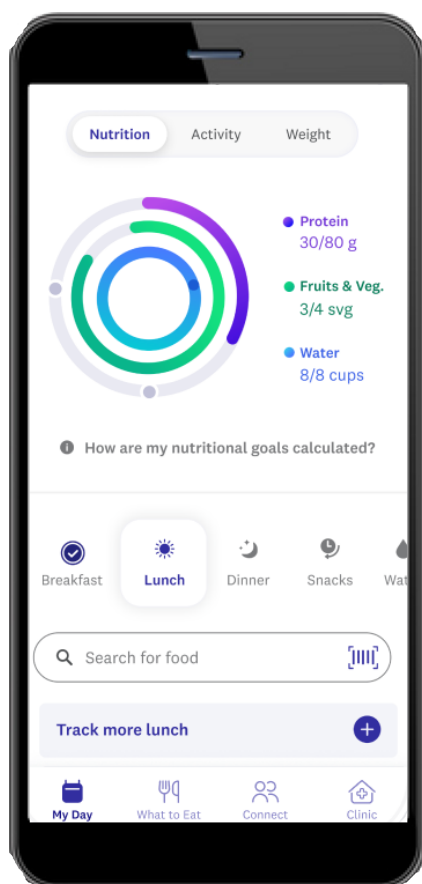


GLP-1 Program

Members have three daily nutritional targets:



1 Protein Target:

- A personalized target based on a member's starting body weight.
- Calculation is 0.8g of protein/kg starting body weight.
- Target is designed to help members progress toward the recommended amount of 1g of protein per 1kg of body weight per day over time.

2 Fruit & Vegetable Target:

- 4 servings per day.
- Target is designed to help members progress toward the recommended amount of 5 servings a day over time.

3 Water Target:

- 8 cups daily

Activity Target:

- 30 minutes per day.
- Members with connected devices (i.e., Fitbit, Applewatch) have a daily steps target of 5,000 steps per day.
- Recommend at least 2 days of strength training per week.

GLP-1 Go-to foods

High-protein options such as:

- Lean meats & poultry
- Eggs
- Fish & seafood
- Beans & lentils
- Plant-based proteins
- Protein shakes and bars
- Fruits & vegetables

What To Eat Tab:

GLP-1:

- Content & guides
- Recipes
- Meal inspiration