

Xyla Health & Wellbeing

Wellbeing Way is a personalised weight loss programme that helps you make simple, sustainable changes.

- **Achievable goals:** Based on your current activity levels and dietary/lifestyle preferences, we will guide you in setting realistic goals.
- **Personalised guidance:** Our innovative approach offers 1:1 coaching and dedicated support from a dietician, tailored to your unique health goals. We also offer recipes and exercise plans that cater to cultural dietary and exercise preferences.
- **24/7 support:** Our interactive in-app support feature is designed to provide support exactly when you need it most - help is always just a click away.
- **Resources:** Covering every aspect of sustainable weight loss, from engaging educational modules, recipes, quizzes, and podcasts to live webinars, exercise videos, and informative blogs - designed to keep you informed, motivated, and on track.
- **Community support:** A place where you can share your experiences and exchange tips with people who are on the same journey.

Our programme is designed to fit seamlessly into your lifestyle. We understand that everyone's journey is different, and we provide support that's right for you.

Track your progress with ease and celebrate every milestone along the way. Get ready to achieve your goals and embrace a healthier, happier you!

Wellbeing Way is available on iOS and Android devices.

App based platform

Apple compatibility requires iOS 12.3 or later, earliest functional handset iPhone 5s (2014).

Android compatibility requires OS 7.0 Nougat or later, earliest function handset Samsung Galaxy S6 or Google Pixel (2015).