CHIP Core Benefits

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

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

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

Reduces healthcare spending and diminishes related productivity costs

Participants See Improvements
- Energy / Mood / Sleep / Resilience / Libido / Stress / Digestion

Clinically Effective

Economically Beneficial

- 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 CHIP HUB 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
• CHIP HUB (LMS) or CHIP DRIVE (USB flash stick)
• Track More Wellbeing 360 Health Risk Assessment
• Track More Lab Kit