




# DISCOVER **CALIBRATE**

Learn more about Calibrate's Metabolic Reset

Calibrate



# OVERVIEW:

- Meet Francesca
  - What is Calibrate?
  - What are GLP-1s?
  - Accountability Coaching
  - Program Overview
  - Medication Costs
- 

# MEET **FRANCESCA CONDE**



**Francesca Conde**

Calibrate Program Consultant

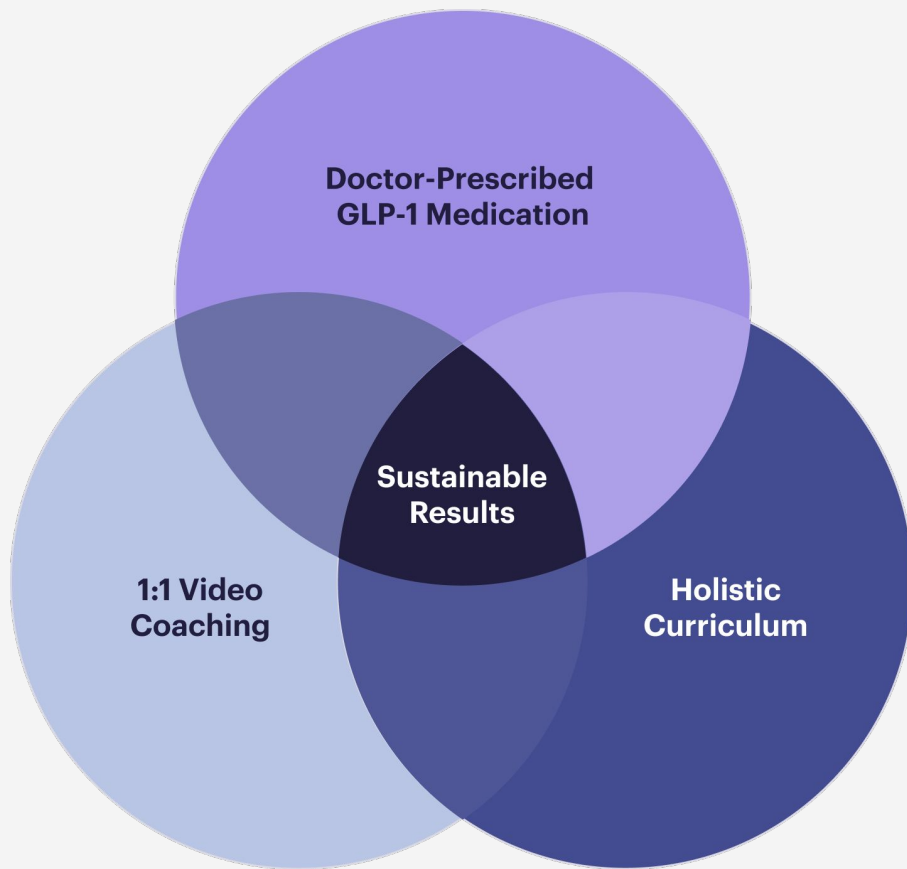
## Get to know **Francesca**:

- ▶ Oversees Calibrate's team of Program consultants
- ▶ Joined Calibrate in July 2021

Francesca is hosting this event in order to help you feel confident that Calibrate's Metabolic Reset is the right next step for you.



# WHAT IS CALIBRATE?

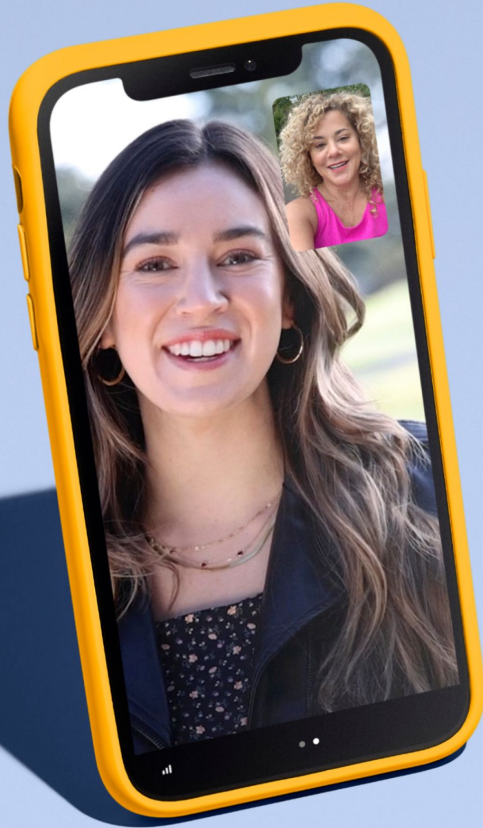


- ▶ Initial 30-minute consultation with a Calibrate Doctor
- ▶ Coordination with your pharmacy benefits to get you streamlined access to a GLP-1 medication
- ▶ Ongoing medical support throughout your journey
- ▶ Live, bi-weekly accountability coaching
- ▶ Access to comprehensive curriculum across food, sleep, exercise, and emotional health
- ▶ Includes mobile app, digital scale, and social support

# WHAT ARE GLP-1s?

- ▶ Calibrate doctors prescribe a variety of GLP-1s, including semaglutide, liraglutide, and dulaglutide. These GLP-1s are often referred to by their brand name, so you may have heard of these FDA-approved medications as Wegovy™, or Saxenda®.
- ▶ All GLP-1s are clinically-tested, stimulant-free, and non-habit forming.
- ▶ All GLP-1s are effective and your Calibrate doctor will prescribe the most clinically appropriate for you.





# ACCOUNTABILITY COACHING

- ▶ When you start your Calibrate year, you'll be matched with an accountability coach.
- ▶ Your accountability coach will help you master the Calibrate Curriculum, and help hold you accountable to goals you set.

# UNDERSTANDING PROGRAM COSTS

- ▶ The Calibrate program is offered at **no cost to you and your dependants**, but you will be responsible for coinsurance or copays on medications that are part of the program.
- ▶ Exact medication co-pays will be shared **prior to registration opening on 1/1**. As a reminder, you can visit [joincalibrate.com/pages/brookfield](https://joincalibrate.com/pages/brookfield) and pre-register to be the first to know when Calibrate is officially available.



# WE'RE IN IT **TOGETHER**

## Meet Your Calibrate Doctor

In-depth review of your health history and lab work.

Discuss the most clinically appropriate GLP-1 medication for you.

## Meet Your Coach

Coaching alongside a structured curriculum to make small lifestyle changes in the areas of food, sleep, exercise, and emotional health that ladder up to big wins.

## Receive Your GLP-1 Medication Prescription

Calibrate doctors prescribe the most clinically appropriate medication for you that's covered by your insurance.

## Reach 10% Weight Loss

The first Calibrate members lost on average 11% of their body weight in 6 months.

## Sustain 15% Weight Loss

See significant metabolic health improvements that may positively impact things like high blood pressure or diabetes.

# RESULTS THAT SPEAK FOR THEMSELVES

**93%**

Say that Calibrate is  
**more effective** than  
other programs

**6.4** IN

Average reduction in  
**waist circumference**

**75%**

Of members with  
pre-diabetes saw their  
hbA1c levels return to  
normal

**15%**

Average body weight  
loss

**76%**

Of members saw  
improvement in  
inflammation

# Q&A

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