



Losing weight and keeping it off takes the right balance.

Your Innergy[®] coach can help you achieve it.

Coming Soon!

The Innergy weight management program will soon arrive for members of [Program Name]. It's a truly effective program developed through an ongoing collaboration between Healthways and Johns Hopkins Medicine.

If you have a BMI of 30+ and want to lose weight and keep it off, you won't want to miss this opportunity.

What you get: The program's special ingredient is your Innergy coach who helps you find the right balance of healthy lifestyle choices that bring you lasting results. Your Innergy coach is specially trained to provide the unique support, motivation and resources you need.



One-on-one coaching
by phone and online



Online plan
with guided learning and helpful resources



Mobile app
for trackers that sync to your plan



[Incentive value]
for [requirement details]

The unbeatable value: Innergy is brought to you by [Program Name] at **no cost** to you. Plus, you can get a reward for participating.

More info coming soon: On [Date], look for your invitation to see if Innergy is right for you and to secure your spot in the program. Space will be limited.

Brought to you by [Program Name]

The road to a healthier weight
is best traveled together.



Coming soon
to members of
[Program Name]!

innergy[®]
healthier weight

*From Healthways, in collaboration
with Johns Hopkins Medicine*

Your Innergy[®] coach is there every step of the way.



Losing weight and keeping it off takes a realistic approach.

Your Innergy[®] coach will show you the way.

If you've ever tried losing weight with quick, radical changes, you know it can be a challenge to stick to them and get results to last. With the Innergy weight management program, things are different.

By working with your Innergy coach, you can expect to:

- ✓ *Eat healthy, satisfying foods based on your own preferences—no prepackaged foods and no diet pills.*
- ✓ *Increase your physical activity at a gradual pace.*
- ✓ *Receive online resources for additional inspiration, learning and support.*
- ✓ *Enjoy the rewards of a healthier weight—like higher energy, lower blood pressure and [incentive description and requirement].*
- ✓ *Keep the weight off after you've lost it.*

This valuable support doesn't even cost you anything—it's **a gift** from [Program Name]. But space is limited. As a reminder, Innergy is for individuals with a BMI of 30+.



Connect with your coach today.

Registered? Sign In



Not registered?
Secure Your Spot Now



Brought to you by [Program name]

Reaching your healthy weight
starts with small steps.

Your Innergy® coach will guide you.



Register today,
free from
[Program Name].

innergy®
healthier weight

*From Healthways, in collaboration
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Ready to lose weight, but have questions?

Find answers here, and from an Innergy[®] coach.

What is Innergy?

Innergy is a unique and highly personalized program for long-term weight loss developed through an ongoing collaboration between Healthways and Johns Hopkins Medicine, one of the world's leaders in weight management research. Innergy uses a truly effective approach that helps people who have a BMI of 30 or more reach a healthier weight through gradual lifestyle changes that become lifelong habits.

How is it different from other weight-loss plans?

Unlike typical fad diets that promote a temporary quick fix to weight loss, Innergy is the only weight-loss solution demonstrated through clinical research trials to be effective long-term. With one-on-one guidance from your Innergy coach, you get the support you need from an expert who understands what you're going through.

Why should I participate?

By focusing on the simple joys of eating well, moving more and transforming your mindset, Innergy helps you enjoy a healthy lifestyle that leads to weight loss you can sustain. And with a healthier weight, you support your overall health and can improve the quality of your life.

Who can participate?

All members of [Program Name] [with a BMI of 30 or more] can participate in the Innergy program, and participation is voluntary. [If you do not know your BMI, that's okay—in the process of confirming your eligibility, the Innergy website will calculate it for you based on your height and weight.]

What you get:



One-on-one coaching
by phone and online



Online plan
with guided learning and helpful resources



Mobile app
for trackers that sync to your plan



[Incentive value]
for [requirement details]



How does Innergy work?

Members receive two years of support consisting of weight-loss guidance and ongoing maintenance support. After you register, you:

- ✓ **Get your Innergy coach assignment** and access to his/her online profile where you can sign up for coaching sessions. Your Innergy coach is trained in weight-loss science and routinely consults with experts at Johns Hopkins Medicine.
- ✓ **Participate in coaching sessions** once per week for the first 12 weeks, then once per month for the rest of the first year to help you stay on track. In the second year, coaching sessions are scheduled every six to eight weeks for ongoing maintenance support.
- ✓ **Review your online learning focus** for each week to help you master proven skills and strategies for success related to eating, activity, and other habits that are important for each phase of your weight loss and maintenance.
- ✓ **Track your progress** using your online/mobile trackers for your weight, activity and food, and see how close you are to your personal targets.
- ✓ **Use your other online resources** for inspiration and support, such as the anonymous online member community, articles, recipes and flexible meal plans.

How much does it cost?

Innergy is part of [Program Name], so you pay nothing to register or participate. And you can continue to shop at your preferred grocery stores.

How do I get started?

Go to [www.innergywebsite.com] and click "Sign Up for Innergy." Follow the guided steps to confirm your eligibility. Then, begin your journey as you participate in the privacy of your home, your workplace or while you're traveling—at times that suit your schedule.

Who is Healthways?

[Company/Plan Name] has partnered with Healthways to administer the Innergy program. For more than 30 years, Healthways has inspired more than 35 million people worldwide to achieve their personal best. By using proven health support techniques, quality medical information, and caring health professionals, the Healthways team meets you where you are and takes you where you want to go, creating better health and a better you.

Is my privacy protected?

Yes. Healthways is committed to protecting the confidentiality of your personal information and will only share group-level information with [Company Name] (meaning data that is combined with other individuals and is not specific to you). Additionally, Healthways does not sell your data.

How can I find out more?
Visit [www.innergywebsite.com]
or call [000-000-0000].

Brought to you by [Program name]

innergy
healthier weight

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[Client Logo]

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[Client legal/program language.]