

Something for Everyone at



Healthy Weight *by Yes Health*

Losing weight can be as easy as snapping a photo.

Healthy Weight is the most fun and engaging weight loss app that combines photo-logging with an expert health coaching team and proven science from Stanford University. Unlike most weight loss programs, Yes Health doesn't adhere to strict dietary, fitness or wellness theories that are hard to maintain. We are committed to meeting you where you are to personalize weight loss support based on your current lifestyle, preferences, needs and goals. Our coaches provide in-the-moment coach feedback that encourages small, meaningful behavior changes in a simple, safe and non-judgmental environment.

Diabetes Prevention *by Yes Health*

The most fun and engaging all-mobile Diabetes Prevention Program.

Diabetes Prevention is a program that provides fully CDC-accredited curriculum plus innovative photo-logging and personalized health coaching on an easy-to-use app. Yes Health coaches specialize in preventing, and even reversing pre-diabetes, by providing unique recommendations for at-risk members to reach these goals. Through this engaging and interactive program, you will easily build habits that improve your diet, physical activity, sleep, and stress management. The goal is to help you create healthier habits to prevent the onset of diabetes and other chronic diseases.

Concierge Health Coaching *by Yes Health*

For everyone who wants to live a healthier life.

Concierge Health Coaching connects you to a collaborative team of dedicated nutritionists, personal trainers, and wellness experts that are available to you on demand, on your smartphone. The team will deliver personalized care plans addressing your unique health challenges and goals. You will have access to in-the-moment coaching to help with small, but meaningful, steps toward long-term behavior change and a healthier life. The Concierge Health Coaching program is highly personalized and flexible to your immediate and changing needs.



For more information on how your organization can partner with Yes Health please email michelebell@yeshealth.com