



Weight loss and management program

Exclusively for My Pathway to Health® employers and their members

First5 is **Orthus Health's (OH)** sensible and easy-to-follow weight loss and management program. First5 is a 6-week health coaching program, focused on getting members on the right track to lose those first tough 5 pounds.



Members who have completed the program successfully usually lose more than 10 lbs during the 6 weeks and most continue to lose more weight after the program ends. This is due, in part, to their increased knowledge about nutritional and emotional eating, goal setting, learning how to incorporate healthy eating tips into their daily lives, and adding a practical exercise routine.

*"At Balls Foods, we are committed to offering health and wellness programs to our employees. The First5 weight loss program has been an important enhancement, and we have seen so many positive results from our employees with over **350 of our employees completing the program to date**, and more finishing every day. We support and congratulate everyone in their efforts to maintain good health."*

– Michael Halliwell,

Director of Pharmacy and Whole Health
Balls Food Stores



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First5 Program

Members connect with their coach weekly to discuss the following:



Week 1 Weight loss goals and benefits, how to track progress, challenges



Week 2 Caloric intake, food patterns, setting SMART goals



Week 3 Empty calories, portion sizes, healthier choices, meal planning



Week 4 Strategies for eating out, grocery shopping, emotional eating



Week 5 Exercising safely, doctor's approval, exercise goals and challenges



Week 6 Progress review, goals post program, corresponding with coach

Health Coaching:

6 sessions are completed by phone, and our health coaches accommodate varying schedules and availability.

Resources:

In addition to a comprehensive program guide, members also receive meal planning materials, weights and measurement guide, and a paper food journal.

"My coach provides me with everything I need. The program is easy to follow and I just need to take the time to include it in my daily habits."

– Larisa B,
Balls Food Stores employee



Contact your **account manager**, call **800.550.2427**, or email **info@orthushealth.com** to get started today!