



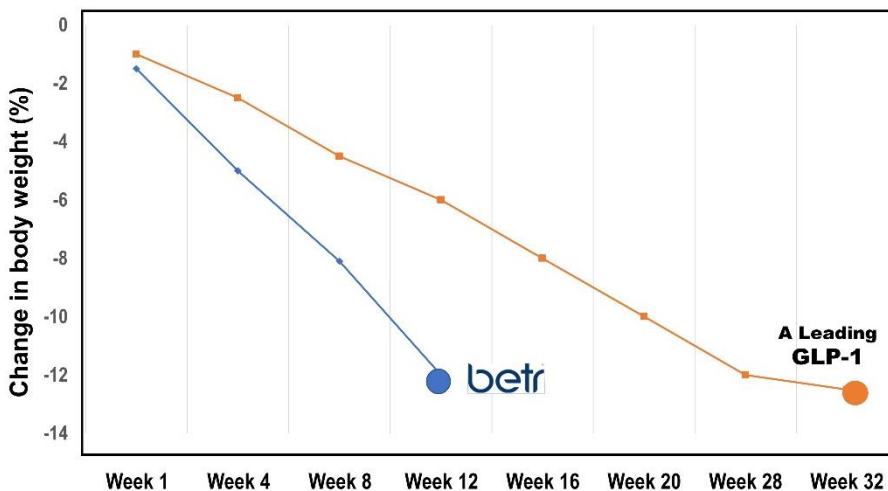
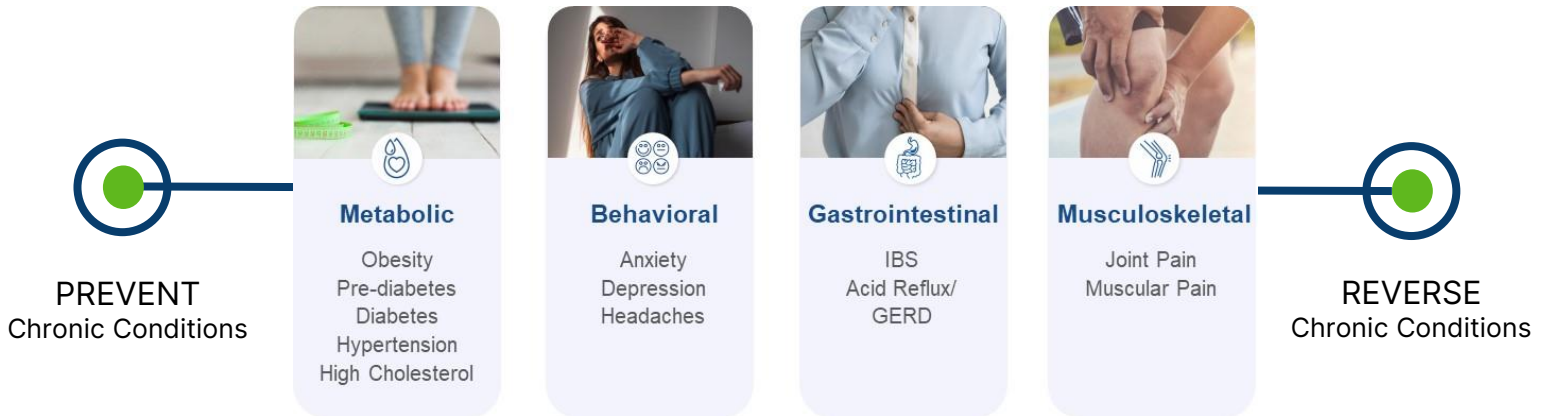
# Whole Person Health

A lifestyle solution for weight-loss to wellness and everything in between – starting with Food as Medicine.

## Americans are over-inflamed and undernourished.

60% of us have a chronic condition and 40% of us have two or more. It's time for a different approach. By targeting inflammation at its root with a gut-healthy solution, Betr reduces complexity and costs while delivering healthier employees. Betr's Food as Medicine protocol delivers swift and sustainable outcomes for individuals and cost-savings for employers.

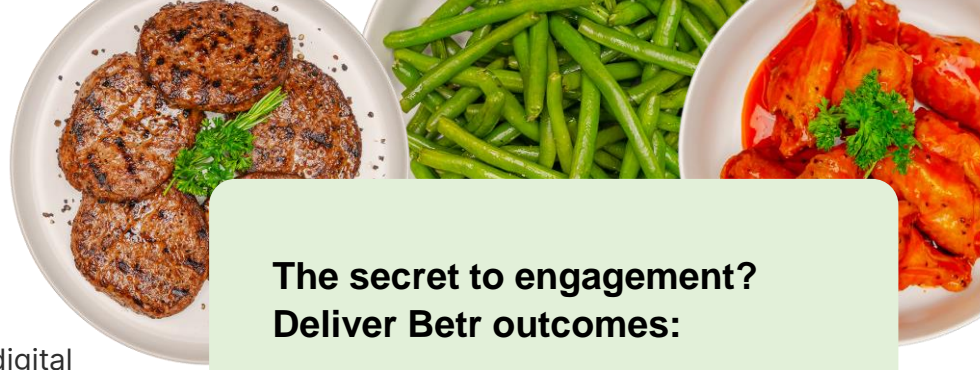
## Betr is preventing and reversing multiple chronic conditions.



## GLP-1 STEP THERAPY

Outcomes in half the time  
at a fraction of the cost

- Proven and sustainable weight loss outcomes
- Easy to implement and live in 30 days
- Avoid, reduce or eliminate Weight Loss Rx



**Betr Includes:**

**Digital Cellular Scale**

Upon enrollment, members receive a digital cellular scale for seamless weight tracking.

**Daily Personalized Coaching (M-F)**

Participants work one-on-one with a personal coach to create a tailored plan that produces results.

**AI Health Co-Pilot + Community**

Members are supported 24/7 with community and an AI Health co-pilot providing personalized insights and support.

**Movement**

Members have access to online yoga, AI fitness, and AI rehab trainers.

**Custom & Pre-Made Meal Plans**

Food as Medicine is made simple with drag-and-drop meal planning, grocery list exporter, pre-made plans and 100s of recipes

**Nationwide Meal Delivery**

Adherence is effortless with fresh, never frozen Betr-approved meals priced at less than \$5 per serving

**The secret to engagement?  
Deliver Betr outcomes:**



**Weight Loss<sup>1</sup>**

5% Weight Loss 29 days  
7% Weight Loss 41 days  
10% Weight Loss 63 days



**BMI reduction<sup>1</sup>**

3.3 BMI Point loss



**A1C reduction<sup>2</sup>**

1.4% A1c Drop 90 days



**Feeling better<sup>2</sup>**

91% Improved Sleep,  
Energy, Mood



**Reduced Medications<sup>2</sup>** 86%  
report a reduction in one or  
more medications



**With Betr, deliver life-changing outcomes for your members!**

Scan the QR Code  
Discover the jaw-dropping transformations of Burnett County employees!



**Betr is included as a benefit in the WCA Group Health Trust plan.**

1. BSGA Third Party reviewed outcomes for Betr  
2. Blue Shield of California. (2020, July 15). More than 23,500 Blue Shield of California members reclaim their health in first year of reimagined Wellvolution program [Press release].