

2024



WELLNESS CALENDAR

January

- 1/8 **7-DAY DETOX** Register by 12/27
- 1/8 **NEWSTART** Register by 12/27
- 1/9 **7-DAY ADVANCED SHAPEUP** Register by 12/27
- 1/11 **DiaBeatIt** Register by 12/27
- 1/19 **7-DAY ADVANCED DETOX** Register by 1/17
- 1/19 **7-DAY ADVANCED SHAPEUP** Register by 1/17
- 1/19 **ADVANCED NEWSTART** Register by 1/17
- 1/29 **7-DAY DETOX** Register by 1/17
- 1/29 **NEWSTART** Register by 1/17
- 1/30 **7-DAY ADVANCED SHAPEUP** Register by 1/17

February

- 2/9 **7-DAY ADVANCED DETOX** Register by 2/7
- 2/9 **7-DAY ADVANCED SHAPEUP** Register by 2/7
- 2/9 **ADVANCED NEWSTART** Register by 2/7
- 2/19 **7-DAY SHAPEUP** Register by 2/7
- 2/19 **NEWSTART** Register by 2/7
- 2/20 **7-DAY ADVANCED SHAPEUP** Register by 2/7

March

- 3/1 **7-DAY ADVANCED DETOX** Register by 2/28
- 3/1 **7-DAY ADVANCED SHAPEUP** Register by 2/28
- 3/1 **ADVANCED NEWSTART** Register by 2/28
- 3/11 **7-DAY DETOX** Register by 2/28
- 3/11 **NEWSTART** Register by 2/28
- 3/12 **7-DAY ADVANCED SHAPEUP** Register by 2/28
- 3/22 **7-DAY ADVANCED DETOX** Register by 3/20
- 3/22 **7-DAY ADVANCED SHAPEUP** Register by 3/20
- 3/22 **ADVANCED NEWSTART** Register by 3/20

April

- 4/15 **7-DAY SHAPEUP** Register by 4/3
- 4/15 **NEWSTART** Register by 4/3
- 4/16 **7-DAY ADVANCED SHAPEUP** Register by 4/3
- 4/26 **7-DAY ADVANCED DETOX** Register by 4/24
- 4/26 **7-DAY ADVANCED SHAPEUP** Register by 4/24
- 4/26 **ADVANCED NEWSTART** Register by 4/24

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WELLNESS PROGRAMS



Shape Up program is designed with whole food meals, lifestyle interventions addressing sleep hygiene, stress management, hydration, mindful eating, and physical activity. We provide training materials to help participants to improve their daily routine with an emphasis on intermittent fasting.



7-Day Advanced Shape Up program is designed to help you boost your metabolism and help your body to eliminate the various toxins that have been building up for years due to foods, beverages, environmental exposures, drugs, alcohol, or smoking.



Detox program is an intermediate level program to help you reset your lifestyle. Meals are provided with additional raw food and phytonutrients in the meals. This program is designed with whole food approach, lifestyle interventions, addressing sleep hygiene, stress management, hydration, mindful eating and physical activity.



Advanced Detox program is also designed with whole food approach but utilizing fasting mimicking diet (all the benefits of fasting without the hunger) with emphasis on lifestyle intervention. You can still enjoy your meals (this is not a liquid diet program) with guideline provided while receiving high nutrient density food powder mix packed with powerful phytonutrients for 1 week! *Prerequisite: 7-day ShapeUp or 7-day Detox program within the last 3 months.



NEWSTART program applies medical, behavioral, motivational, and environmental principles to the address lifestyle-related chronic disease. This is an educational program focusing on lifestyle medicine, discovering the root cause of chronic disease, utilizing evidence-based lifestyle change as the first line therapy for disease treatment and reversal. Joining both the 7-day Detox and 7-day Advanced Detox programs is recommended for the best outcome.



Similar to NEWSTART program, this program utilizes lifestyle medicine as an intervention to address lifestyle-related chronic disease with the additional recommendation on practical ways to implement daily changes and routine to improve your health. Joining Advanced Detox program is recommended for best outcome. *Prerequisite: NEWSTART program within the last 3 months.



Similar to NEWSTART program, this program utilizes lifestyle medicine as an intervention to address lifestyle-related chronic disease with the additional recommendation on practical ways to implement daily changes and routine to improve your health. Joining Advanced Detox program is recommended for best outcome. *Prerequisite: NEWSTART program within the last 3 months.



Medical Nutrition Therapy:

100% covered! 20% copay, reimbursed by insurance

7-day programs:

100% covered! \$70 copay, reimbursed upon completion

DiaBeatIt:

100% Covered! \$273 copay, reimbursed upon completion

NEWSTART & Advanced NEWSTART:

100% Covered! \$94 copay, reimbursed by insurance



Medical Nutrition Therapy:

100% covered!

7-day programs:

100% covered! \$97.50 copay, reimbursed upon completion

DiaBeatIt: 100% covered!

NEWSTART & Advanced NEWSTART:

100% covered!



Medical Nutrition Therapy:

100% covered!

7-day programs:

\$ 175 copay, \$100 for 1st timer

DiaBeatIt:

100% Covered!

NEWSTART & Advanced

NEWSTART:

\$262.50 copay,

\$137.50 for 1st timer



Medical Nutrition Therapy:

20% copay

DiaBeatIt:

20% copay

