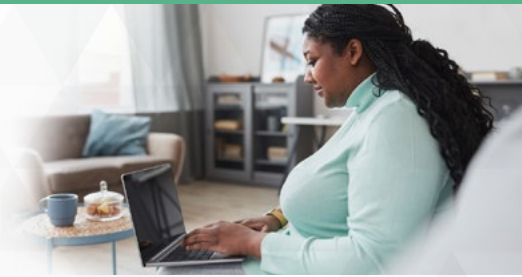


Engagement Rx Course Efficacy and Outcomes

LivingLean

Nutrition & Weight Management



The Engagement Rx® platform tracks each interaction of your participant's journey so you can measure sustainable behavioral change.

We measured our weight management course over the period of 6/1/2020 through 5/31/2021. Across all courses started over that period, 146k people began the courses resulting in an average of 6.8k starts per month. For those that completed the course, Engagement Rx helped drive a 96% overall health and weight management outcome.

Data

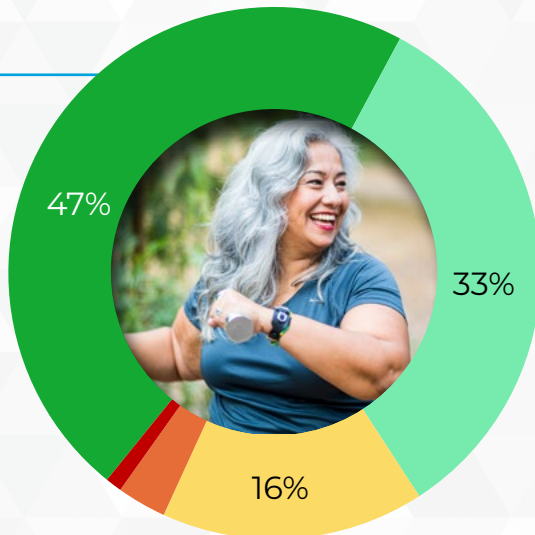
Outcome Process: 1 year post course completion.
Outcomes: Before & after outcome metrics tracking.
Engagement: Coaching touchpoints, response rate, & course conversions.

Survey Metrics

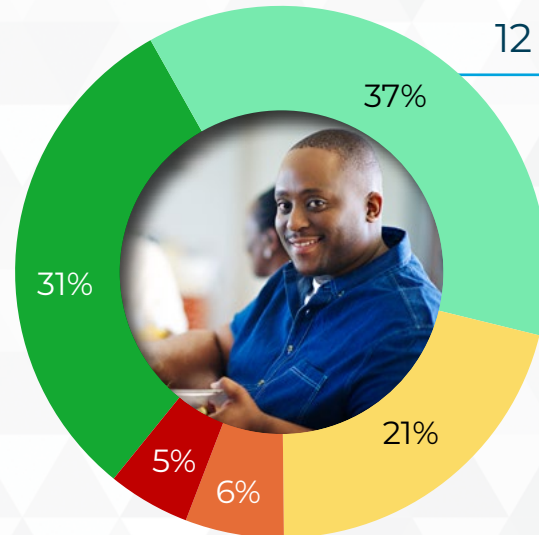
How do you feel about your future health compared to how you felt back before you started the program? (1 = least positive; 5 = most positive)

● = 1 ● = 2 ● = 3 ● = 4 ● = 5

1 month



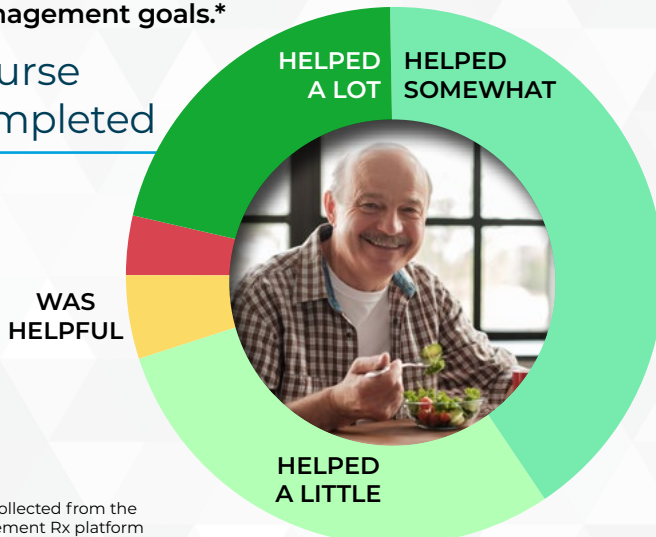
12 months



Resulting Outcomes

96% of participants that felt the course improved their overall health and weight management goals.*

Course completed



SOLUTION

Avidon Health provides innovative coaching solutions to personalize engagement and create behavior change at scale. We help our clients leverage our award-winning technology to disrupt unhealthy behaviors.

We create true engagement efficiencies and remove the administrative burden for your coaching teams. If you're looking for a powerful software solution for your program, take a look at our behavioral engagement platform.

Learn more or setup a demo today at:
<https://avidonhealth.com/contact-us/>

*Data collected from the Engagement Rx platform