



My Viva Plan[®]

Your clinically proven Lifestyle Medicine plan.

My Viva Plan is a digital lifestyle medicine hub that's forever at your fingertips!

- The program starts with a comprehensive health assessment, capturing baseline health metrics and behaviors.
- Followed by Cognitive Behavioural Therapy (CBT) strategies to help you set health goals, engage in self-care, balanced eating, moving with intention, and progress tracking.
- Based on your health challenges and your battery charge, you'll then go on a unique journey, focused on helping you achieve your desired health goals.

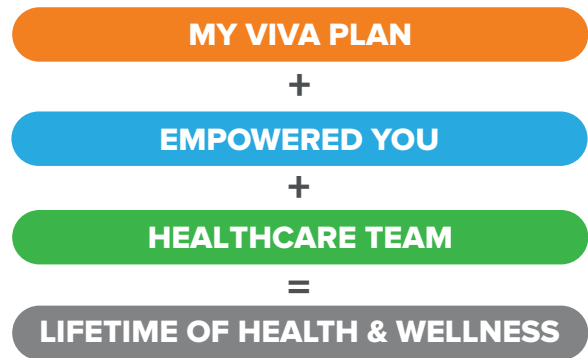
Awareness to Action

- Understand Your Current State of Health
- Empower Yourself with Knowledge
- Build Intrinsic Motivation
- Foster Life-Long Healthy Habits
- Celebrate Your Wins!



You're in the Driver's Seat!

- You already know that chronic disease management is a life journey and it's natural to have successes and challenges.
- At My Viva, we understand the ebbs and flows of life and our dynamic program automatically adjusts treatment plans based on your ongoing choices and activities.
- With My Viva Plan you'll foster healthy patterns for all aspects of your life and learn how to take small daily steps to enjoy a lifetime of health.



YOUR EXPERIENCE

