

What Patients Can Expect from the OneNutrition Program

The OneNutrition Program is designed to improve your health through personalized nutrition and lifestyle support. Here's what you can look forward to:

◆ **Personalized Nutrition and Weight Management Modules**

Engage in interactive lessons led by a nutrition specialist to build healthy habits and make informed choices about your diet and lifestyle.

◆ **Goal Setting**

Collaborate with your care team to establish clear, personalized goals, keeping you motivated and on track throughout your journey.

◆ **Comprehensive Care Team**

Benefit from a dedicated team of healthcare professionals working together to provide full support for your unique health needs.

◆ **Progress Tracking**

Interventions are documented, and an RPM scale provides daily feedback to keep your care aligned with your progress.

◆ **Emotional Support**

Access ongoing encouragement to help you stay motivated and navigate challenges along the way.

◆ **Education**

Learn sustainable strategies for healthy eating, exercise, and sustainable lifestyle changes.

◆ **Energy Level Monitoring**

Understand how food choices affect your energy and well-being.

Start your journey to better health with the OneNutrition Program today!





OneNutrition Care Management Program

Your **Wellness Support Specialist** will be your guide as you embark on this exciting journey!

We're here to support you!

Once you step on the scale, your **Wellness Support Specialist** will automatically receive your weigh-in.

Please plan to weigh yourself daily.

Care Management Program

SCALE SETUP

1 Open scale box.



2 Remove scale from box.



3 Remove packaging from scale.



4 Gather scale & accessories.



5 Flip scale upside down & press "POWER" button.



6 Place scale upright on flat surface & step on scale.



Scale Setup

HOW TO CHARGE

1

Gather scale & accessories:

- Scale
- Charging Cord
- Manual
- *Charging Block (not included)*



2

Connect charging block & charging cord.



3

Plug charging cord into scale, plug charging block into wall & wait for scale to fully charge.

