

# The Power of Two™

## To Help Employees Lose Weight, Use The Power of Partners!

The beBetter® System delivers a variety of engaging, ready-to-go wellness programs that are easy to launch and promote.

The Power of Two™ is an eight-week wellness program that helps employees lose extra weight in a fun, sensible way. Each week the program provides participants with easy-to-follow activities that promote exercise and healthy eating, with tips and secrets for success. The best part? Your employees work with a partner for motivation, support, and accountability.

### Program Features

- Complete integration with online portal and incentive management
- Program Manager's Guide
- Optional Portion Plate® teaching tool and incentive
- Online registration
- Also in Spanish at no extra fee

### Goals

- Sensible, sustainable weight loss
- Improved nutrition
- Increased physical activity
- Healthier employees who understand that small changes can reap big results
- Build teamwork!

## Posters, weekly emails, and support materials provided!



### About beBetter Health

We've been helping companies deliver successful wellness programs for over 25 years, and we know what works. Our approach is simple: remove as much of the guesswork, manual tracking, and unnecessary effort as possible. Make sure every facet of the program is connected, from assessment to programming to evaluation. Help you make the most of the system with easy user guides, simple interfaces, experienced Account Managers.

The beBetter® System helps employees take action toward protecting and improving their health, and provides employers with strategies to reduce health care costs and boost employee productivity.

For brokers, we provide everything you need to implement an effective, comprehensive population health management solution. Give us a call and let us walk you through how the beBetter® System makes you more competitive.



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See the Power of Two™ video at: [www.bebetter.com](http://www.bebetter.com)

eatBetter moveBetter breatheBetter