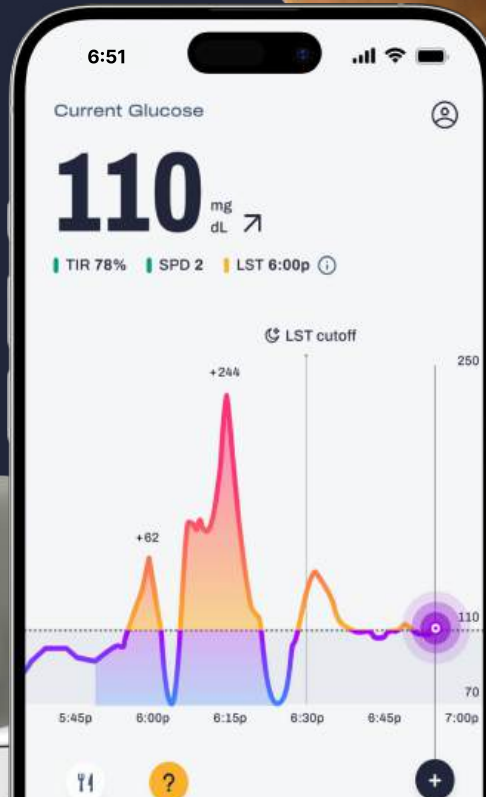




GLP-1 Weight Loss Graduation Program Guide



The 90-Day Path
To Metabolic
Independence



Introduction



Welcome to the Signos GLP-1 Graduation program!

This comprehensive guide is designed to support your valued team members in successfully transitioning off GLP-1 medications and maintaining a healthy, vibrant lifestyle.

The journey can be challenging, so Signos is here to provide the tools, knowledge, and support your team needs every step of the way.



TRACK

Track metabolic performance for **12 weeks** after the final GLP-1 dose.



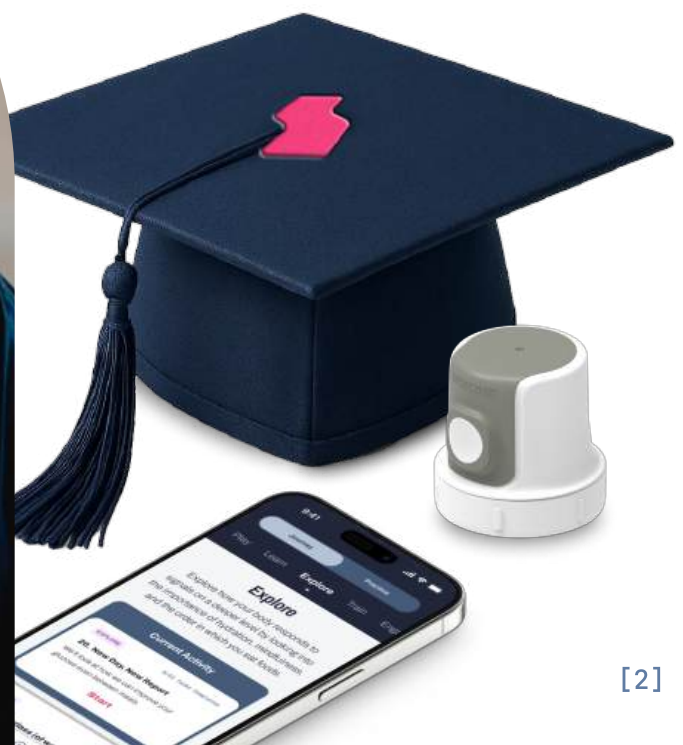
STABILIZE

Verify glucose stability and metabolic readiness.



GRADUATE

Celebrate wins and new healthy habits that stick.



Program Overview



Signos makes GLP-1 progress stick.

It's more than just a plan; it's a **partnership**. Signos gives participants expert guidance on transitioning off medications while maintaining progress.

They'll get ongoing support and resources while navigating healthy lifestyles and adjusting to post-GLP-1 life.

Feature Highlights



PERSONALIZED SUPPORT

Receive tailored guidance from your curated team of experts.



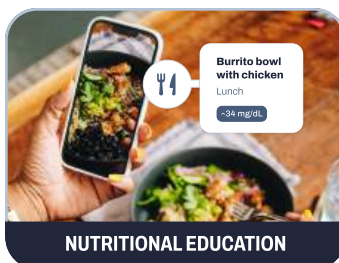
EXERCISE GUIDANCE

Develop sustainable fitness routines that fit individual lifestyles.



MINDSET COACHING

Cultivate a positive and empowering relationship with food.



NUTRITIONAL EDUCATION

Learn to nourish from the inside out for optimal health and weight.

Program Summary



INDIVIDUALIZED PLANS:

Get tailored dietary and habit-formation recommendations based on real-time actions so healthy choices become second nature.



PROGRESS TRACKING:

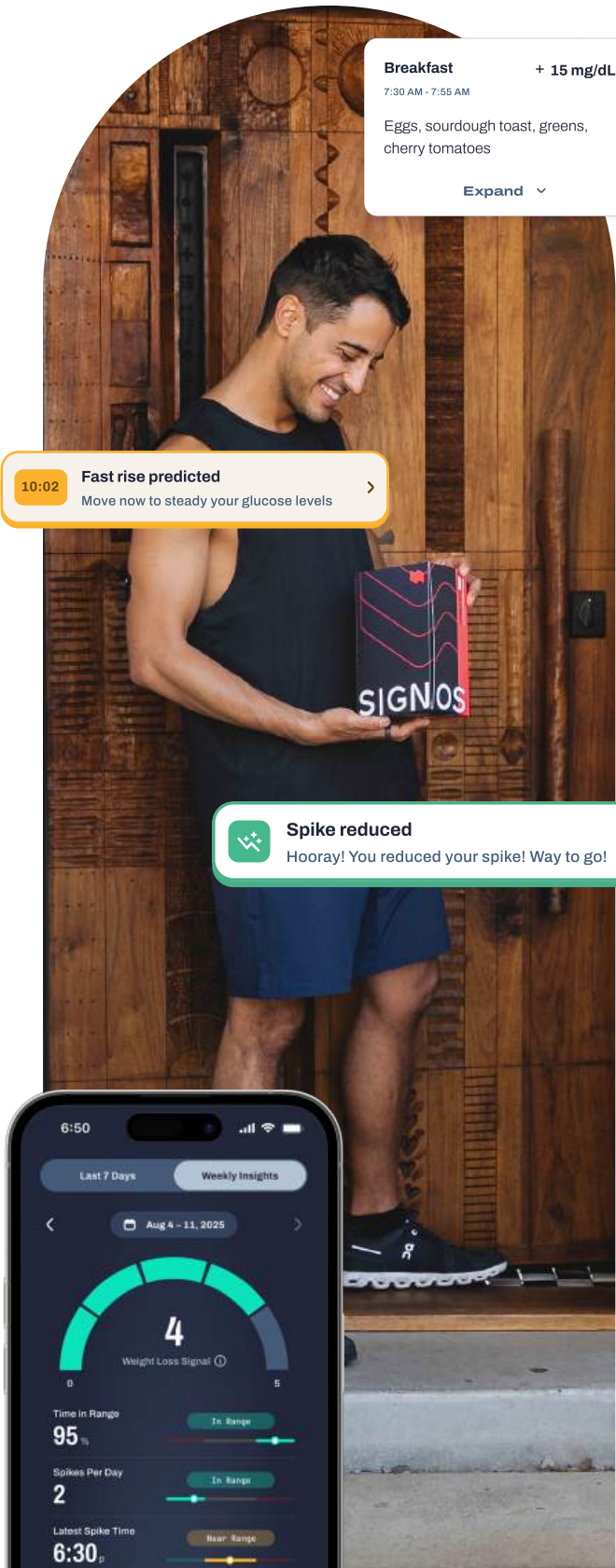
Measure progress towards key metrics and celebrate milestones.



EXPERT SUPPORT:

A dedicated team will proactively suggest adjustments and assist on the journey.

What To Expect



10:02 **Fast rise predicted**
Move now to steady your glucose levels

Breakfast + 15 mg/dL
7:30 AM - 7:55 AM
Eggs, sourdough toast, greens, cherry tomatoes
Expand

Spike reduced
Hooray! You reduced your spike! Way to go!



Post-GLP1 Curriculum

METABOLIC EDUCATION

- WEEK 1
- WEEK 2 **Weeks 1-4:** Focusing on **nutrition**, understanding **hunger cues**, and establishing **healthy eating habits**.
- WEEK 3
- WEEK 4

MOVEMENT IMPLEMENTATION

- WEEK 5
- WEEK 6 **Weeks 5-8:** Incorporating exercise into **daily routines** and building **strength and endurance**.
- WEEK 7
- WEEK 8

BREAKING HABIT LOOPS

- WEEK 9
- WEEK 10 **Weeks 9-12:** Developing **copng mechanisms** for stress and emotional eating.
- WEEK 11
- WEEK 12

GRADUATION

- ONGOING Continued **support and resources** to maintain progress long-term.

Return on Investment



What Signos solves in the process:



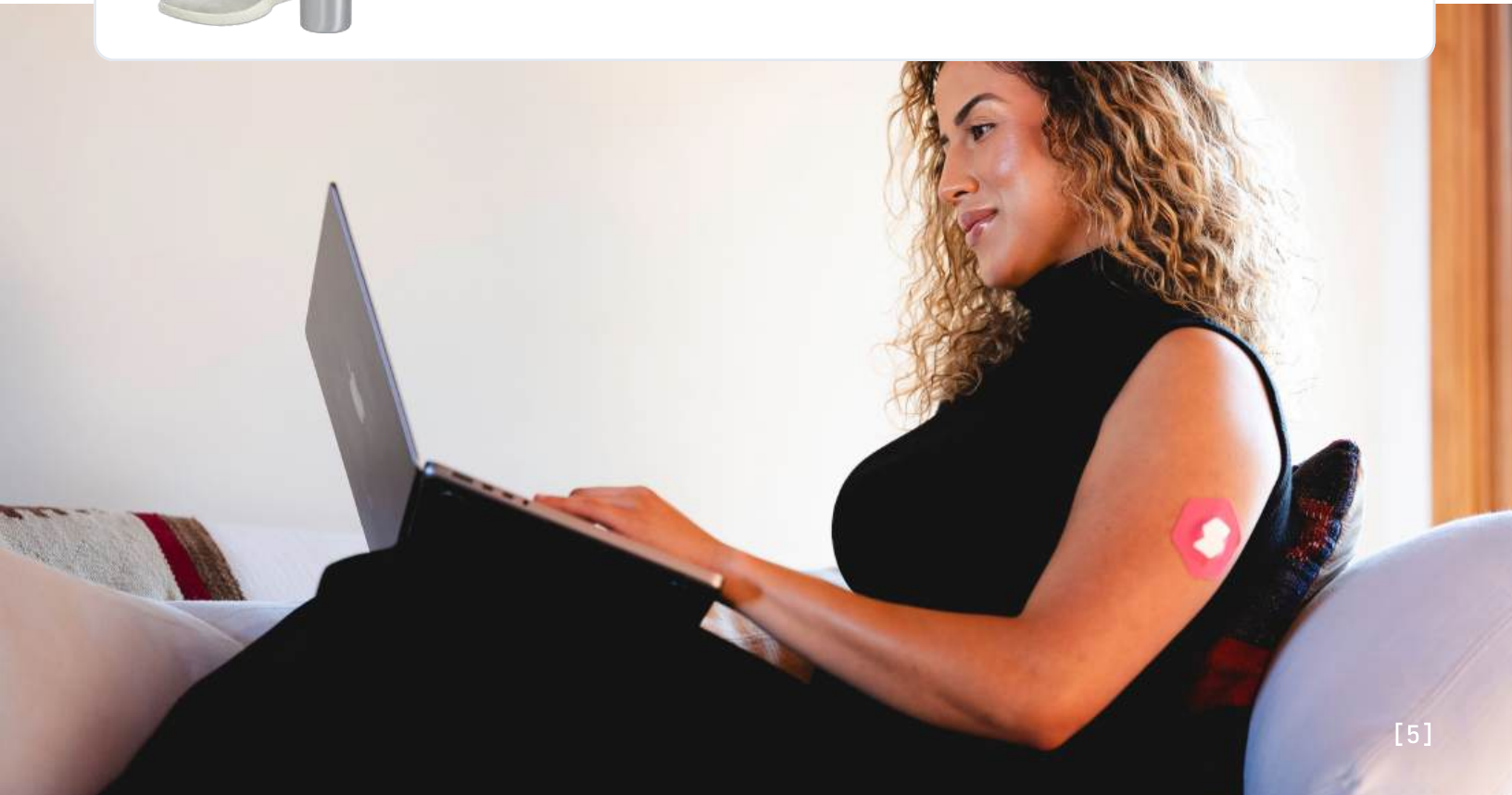
Cuts long-term drug spend by 40–70% through structured tapering and habit-building that decreases reliance on full-dose GLP-1s, extending the time between injections and ultimately phasing them out for many members.



Protects weight-loss investment by **preventing the typical 50–80% weight regain** seen when people stop GLP-1s without support—preserving the clinical gains already paid for.



Boosts metabolic outcomes at lower cost by helping to avoid expensive pharmacotherapy with sustainable lifestyle behaviors backed by real-time data, reducing downstream expenses tied to diabetes progression, hypertension, and obesity-related complications.



What's Next?



Ready to empower your team to own their health and well-being?

Let Signos help your team thrive after GLP-1s with support every step of the way.

CONTACT US

Contact us today to start a conversation about sustainable health and cost management.



COLIN ROGERS
VP HEALTH @SIGNOS
COLIN.ROGERS@SIGNOS.COM



RICHARD YAX
SENIOR HEALTH EXECUTIVE @SIGNOS
RICHARD.YAX@SIGNOS.COM

