



Sustainable Weight Management Starts Here

Healthy Weight S U I T E

The Healthy Weight Suite can be a complement to or an alternative for GLP-1s, especially when they cannot be part of your benefit offering. The Suite was created in partnership with registered dietitians and features patented video content, food inclusion teachings, and cohort-based experiences to help individuals looking to lose or maintain their weight and employers wanting to address their team's physical health.

Solutions:

Weight Loss Jumpstart — empower your employees with evidence-based, live, and on-demand resources to help employees meet and sustain their healthy weight goals. Members in the first Weight Loss Jumpstart cohort lost an average of 5 lbs.

The Grokker Difference:

Food inclusion for weight loss

Proprietary Core Four plan

Cohort-based experiences

Dietitian-led program

Patented video content

Weekly live group webinars

[Learn more about the Healthy Weight Suite today >](#)