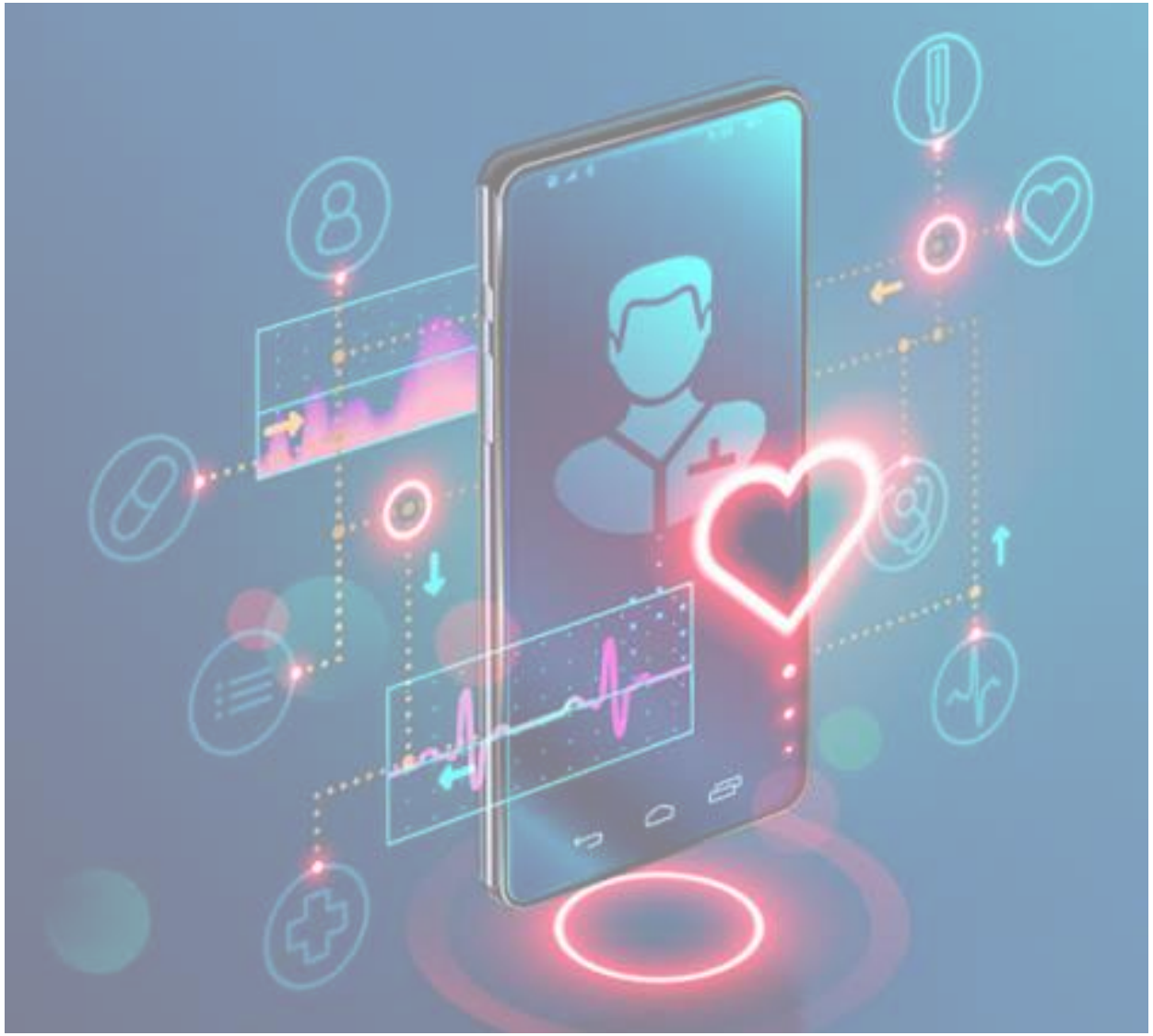

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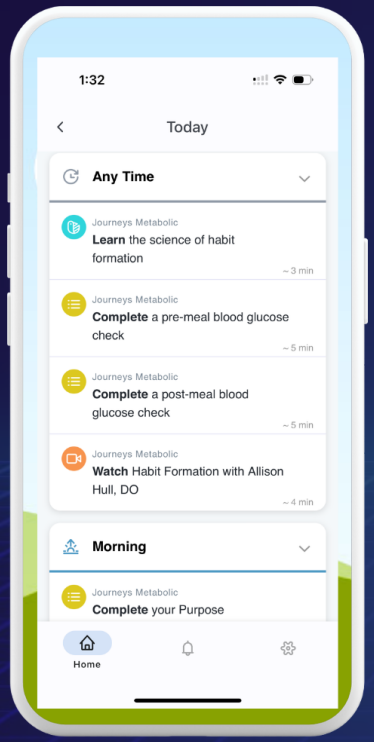
Swiss Re October, 2023

journeys metabolic™

CLINICAL PROTOCOL

- 4- month, evidence-based behavior modification protocol utilizing nutrition as metabolic therapy.
- Intentional. Incremental. Multi-disciplinary.
- Prescriptive protocol driven by diagnosis, motivators, readiness, and health literacy.

Month 1: The Foundations



Self Discovery

Purpose + identity
Desired Identity
Mindfulness

Education

Carbohydrate modification
Glucose measurement
Habit formation

Action Plan

Nutrition:
3 servings of healthy fats
4 servings of non-starchy vegetables
1-2 servings of fermented foods
100g Net Carbs
64-80 oz of water daily (restrict if applicable)

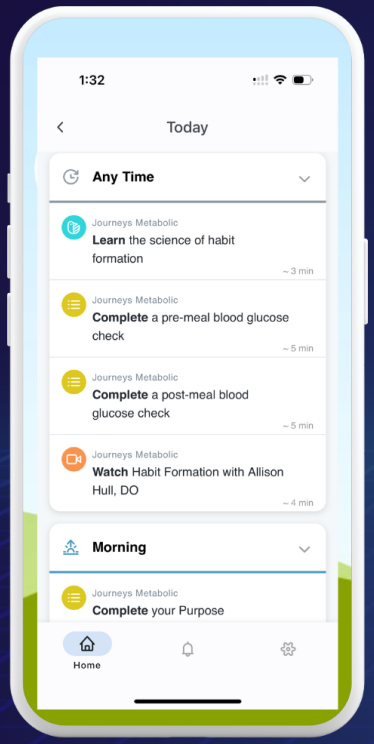
Behavior:
Connect dopamine to new habits
Experiment w/ extrinsic motivators + rewards
Practice self-compassion + altruism

Self-Reporting
- *Assessments:* PHQ-9, GAD-7, Self-Compassion, Well-Being Survey, Sleep.

- *Biometrics:* Weight, BP, Fitness minutes. Optional Lab values: A1C, AST and ALT, lipid panel, ApoB and Fasting Insulin (if available).

Glucose monitoring (POC glucose levels)

Month 2: The Journey



Self Discovery

Building grit
Somatic Awareness
Short + long term goal setting
Power of the post-meal walk
Purpose + identity
Metrics = long-term success

Education

Mitochondrial health
Fat oxidation
Metabolic flexibility
Hunger hormones

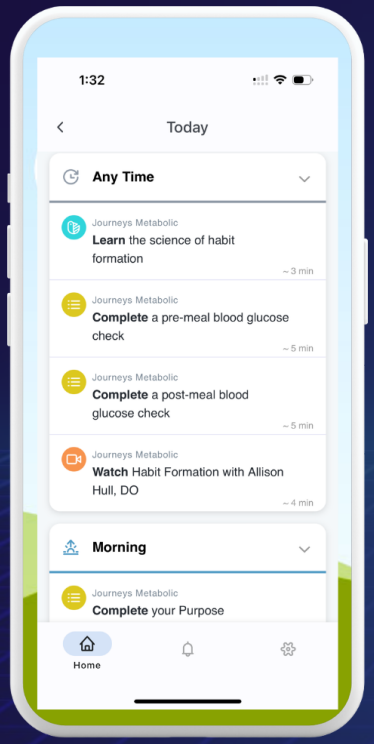
Action Plan

Nutrition Tracking
Consume 4 servings of healthy fats
Consume 6-8 servings of non-starchy vegetables
Consume 1-2 servings of fermented foods
Drink 64-80 oz of water daily (restrict if applicable)
Protein and fat goals identified
Net carbohydrates continue to change.

Behavior:
Diaphragmatic breathing
Thought distancing
Visualization
Self-compassion and altruism

Self-Reporting
Total body weight
Fitness minutes
Glucose monitoring (POC glucose levels)
Biosense device daily testing (ACE levels)

Month 3: Endurance Training



Self Discovery

Progressive muscle relaxation
Practicing gratitude
Positive self-talk
Thought distancing
Visualization
Self-compassion and altruism
Purpose + Identity

Education

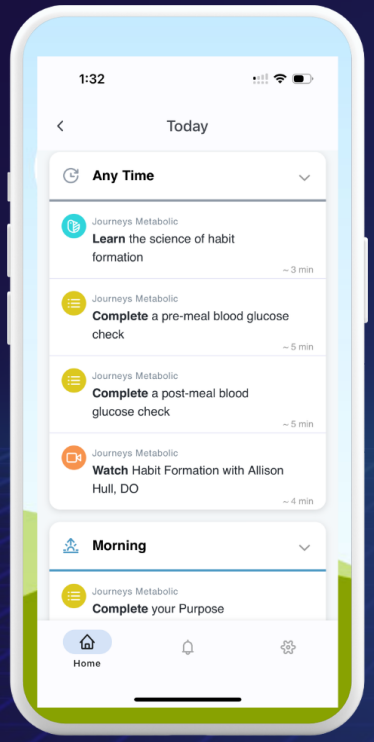
Autophagy
Carbohydrate modification
Customizing nutrition w/ biomarkers
Meal prep
Time-Restricted Feeding
Glycemic index (Focus 5)
Exercise + connection w/glucose, telomeres, fat oxidation, and overall metabolic improvement

Action Plan

Nutrition Tracking
Consume 4 servings of healthy fats
Consume 6-8 servings of non-starchy vegetables
Consume 1-2 servings of fermented foods
Drink 64-80 oz of water daily (restrict if applicable)
Protein and fat goals identified
Net carbohydrates continue to change.

Behavior:
Diaphragmatic breathing 5 min a day
Time-restricted feeding x 12-14 hours
Connect dopamine to new habits
Experiment w/ extrinsic motivators + rewards

Self-Reporting
Total body weight
Fitness minutes
Glucose monitoring (POC blood glucose levels)
Biosense device daily testing (ACE levels)



Month 4: The Transition From Learning To Living

Self Reporting (Post Program)

Total body weight
Blood Pressure
Fitness minutes
Glucose monitoring (POC blood glucose)
Biosense device daily testing (ACE levels)
Optional Lab values: A1C, Lipid panel, ApoB, AST and ALT, eGFR, Fasting Insulin.

Self Discovery

Leadership > long-term success
Detailed lab changes
Change awareness
Music as medicine
Power of nature
Progressive Muscle Relaxation
Gratitude
Positive self-talk
Thought distancing
Visualization
Self-compassion and altruism

Education

Sleep
Sugar + substitutes
Carbohydrate threshold to sustain long-term success

Action Plan

Nutrition Tracking
Consume 4 servings of healthy fats
Consume 6-8 servings of non-starchy vegetables
Consume 1-2 servings of fermented foods
Drink 64-80 oz of water daily (restrict if applicable)
Protein and fat goals identified
Net carbohydrates continue to change

Behavior (Post Program)

Post Program Assessments.
Non-scale victories
Time-Restricted Feeding x 16-18 hours

Movement daily. Goal is >150 min/wk, including both aerobic and resistance
Diaphragmatic Breathing up to 15 min/day

Lead the way: Identify at least 2 individuals to encourage and share knowledge/experience with to better to ensure long-term success

PROTOCOL OUTCOMES SINCE 2018

8%
Body weight reduction*

$157 PPPM cost savings with 5-10% reduction [1]

17%
HbA1c reduction

$503 PPPM cost savings with virtual clinics with similar reduction [2]

8%
SBP reduction

5 mmHg reduction lowers CV event by 10% [3]

30%
Triglyceride reduction

Associated with lower risk of vascular events [4]

54%
NAFLD resolution**

$878,400 cost of liver transplant [5]

Reduction in PHQ-9 (mood improvement)**

$4,356 higher annual medical costs with moderate to severe medical symptoms [6]

Reduction in GAD-7 (less anxiety)**

Diagnosed employees have $1,555 higher annual medical costs & $1,366 higher productivity costs [7]

Reduction in PSQI (better sleep)**

$5,010 higher annual cost for patients with insomnia syndrome, 76% due to absence and productivity [8]

>3,000 patients completed legacy program to date.
Outcomes represent n=250, ages 25-82, pre-program A1c 5.4-9.0%
**Whole body weight reduction 2.2 years post-program*
***Partnered research, USF and Levels Health with legacy program,2021*
N=57, Ages 22-68, Pre-study Mean A1c 5.5, Pre-study BMI 26-42

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Case Studies

Patient: Dave C., 77 yo male
(sustained results x 4 years post program)

Total Body Weight loss: 80 lbs (25% reduction)

HbA1c: 6.8 > 5.0 (26% reduction)

Fasting Blood Glucose: 142 > 92 (35% reduction)

BP: 148/81 > 110/71 (26% reduction in SBP)

NAFLD: Stage 3 > Stage 0 (resolution via US imaging)

"I no longer need a seat belt extension on an airplane."

"I never thought I could live life without craving sweets, now they make me physically sick."

Case Studies

Patient: Catherine S., 58 yo female
(sustained results x 2.5 years post program)

Total Body Weight loss loss: 41 lbs (19% reduction)

Fasting Insulin: 22 > 5 (77 % reduction)

HbA1c: 5.8 > 5.2 (10% reduction)

Triglycerides: 134 >71 (47% reduction)

BP: 131/88 > 114/70 (13% reduction in SBP)

NAFLD: Stage 2 > Stage 0 (resolution via US imaging)

"My wedding ring finally fits again."

"I feel like me more than ever before! I now have the skills and confidence to live a healthy life."

Case Studies

Patient: James B., 42 yo male

(sustained results x 3.5 years post program)

Total Body Weight loss: 76 lbs (31% reduction)

HDL chol: 38 < 71 (46% increase)

Non-HDL chol: 140 >125 (11% reduction)

HbA1c: 5.7> 5.2 (9% reduction)

Triglycerides: 192 > 66 (65% reduction)

BP 147/102 > 122/78 (17% reduction in SBP)

"I can now lead my son with pride as his father."

"I am stronger both physically and mentally than I have ever been in my life."

THANK YOU!

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