



What is My Viva Plan?

Your clinically proven Lifestyle Medicine plan.

My Viva Plan is a digital lifestyle medicine hub that's forever at your fingertips!



The program starts with a comprehensive health assessment, capturing baseline health metrics and behaviors.



Followed by Cognitive Behavioural Therapy (CBT) strategies to help you set health goals, engage in self-care, balanced eating, moving with intention, and progress tracking.



Based on your health challenges and your battery charge, you'll then go on a unique journey, focused on helping you achieve your desired health goals.



LEARN MORE AT
discover.MyVivaPlan.com

You're in the Driver's Seat!



You already know that chronic disease management is a life journey and it's natural to have successes and challenges.



At My Viva, we understand the ebbs and flows of life and our dynamic program automatically adjusts treatment plans based on your ongoing choices and activities.



With My Viva Plan you'll foster healthy patterns for all aspects of your life and learn how to take small daily steps to enjoy a lifetime of health.

MY VIVA PLAN

+

EMPOWERED YOU

+

HEALTHCARE TEAM

=

LIFETIME OF HEALTH & WELLNESS

Awareness to Action

Understand Your Current State of Health
Build Intrinsic Motivation
Foster Life-Long Healthy Habits
Celebrate Your Wins!



"The biggest moment for me was at the doctor's office. For the first time in three years, my blood pressure was at its lowest — 118/76. That was proof of the progress I had made without even realizing it." — RODNEY

YOUR EXPERIENCE

MIND

- Stress assessment
- Daily reflections
- Track progress
- On-demand meditation
- Goal setting

NUTRITION

- Personalized meal plans
- Grocery list
- Vivapedia®
- Chef and dietitian-inspired recipes

FITNESS

- 6 week personalized exercise programs
- On-demand workouts
- On-demand yoga

COACHING

- 6 week personalized
- Weekly behavior coaching program
- Weekly health journey program



BUILDING
RESILIENCE



EATING
BALANCED



IMPROVING STRENGTH
AND ENDURANCE



COACHING
AND EDUCATION