



The **Outset Lifestyle Program** is designed for those patients who do not require or are not ready to start hormone therapy.

Outset Lifestyle teaches your patients how to create good habits, centered around nutrition, exercise, and supplementation, to fit their individual lifestyle and needs.



## Outset Lifestyle Program Overview

### What we do.

Outset Health is committed to helping patients achieve their current and future health goals. We provide the tools to stay accountable, as well as the support they need along the way.

### What we offer.

The Outset Lifestyle Program begins with comprehensive lab imaging. We assess 68 biomarkers, which includes sex hormones, metabolic health and screening for pre-existing conditions. As the patient's trusted provider, you will complete a 30 minute virtual or physical lab review.

Your patients will then consult with their dedicated Health Coach who will begin to tailor a plan to meet their goals. During the consult, they will also learn about the Outset Coach app and how it can link with their provided scale. Our personalized nutrition & fitness plans matched with individualized coaching is designed to help your patients find their best selves.

## Why Outset Lifestyle?

This program was designed to for patients experiencing symptoms such as, but not limited to, diminished sex drive, loss of strength with weight gain, erectile dysfunction, vaginal dryness, thinning hair, night sweats, cold hands/feet, sleep issues, chronic fatigue, mood swings, depression, osteoporosis/osteopenia.

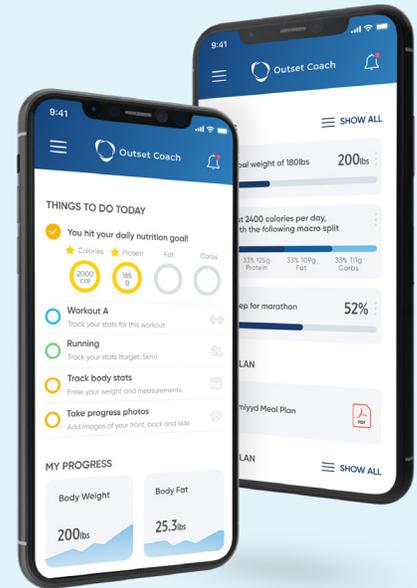
While the Outset Hormones Personalized and Pellet Therapy programs offer additional therapies to relieve these symptoms, your patient may not be qualified for those therapies or may not be ready to start them. The Outset Lifestyle Program is an introductory program designed to start helping your patients combat these symptoms through lifestyle changes. Depending on the patient's goals, it can be a great stepping stone to the Outset Hormones Personalized or Pellet Therapy program.



## Program Management

Your patients will receive access to Outset Coach, a best-in-class mobile app to communicate with their dedicated Health Coach, track their daily food intake, complete assigned workouts, and create healthy lifestyle habits. Weekly health coach sessions can be scheduled at the patient's convenience and is 100% remote, so patients can meet with their health coach virtually, from their home, office, gym - even while travelling!

There are different phases of the program, each lasting 3 months, allowing your patients to have attainable goals they can focus on each quarter. If at any point the Health Coach feels clinical support is needed, your patient will be deferred to you for treatment and planning.



If you are interested in learning how **Outset Health** can help your practice and your patients, please call **(866) 634-8560** or visit **outsethealth.com**.

