

Our coaching can maximize your investment in GLP-1's



Learn more



TrestleTree coaching

23 years of experience in holistic coaching for weight management and medication adherence

+



GLP-1's

Medications used as part of a comprehensive program that includes diet and exercise

=



TRx

TrestleTree + Rx (TRx). A powerful combination for sustainable weight loss

26%

of participants that enrolled in the program decided they weren't ready to start a GLP-1 right away

OPTIMIZE ENGAGEMENT

Clinical and behavioral assessment guiding participants to the appropriate pathway

70%

of participants who started a GLP-1 are still on a GLP-1 12 months later (VS 30%-40% national average)

OPTIMIZE COMPLIANCE

Individual support for medication tolerance and adherence

58%

of participants on average lost an additional 12.2 lbs (5.2%) after discontinuing a GLP-1

OPTIMIZE SUCCESS

Ongoing Coach/participant relationship and medication titration support

A different approach

- ✔ **Holistic coaching:** our Coaches have 200+ hours of training from a PhD psychologist in TrestleTree’s model, proven for over 23 years, to address the whole person.
- ✔ **Meeting people where they are:** our Coaches understand each participant’s unique circumstances, and meet them where they are on their health journey.
- ✔ **Earning the right to influence:** building trust through relationships is essential for earning the right to influence.



Remote monitoring

- ✔ Scale, blood pressure monitor, and glucometer available
- ✔ Empirical data for enhanced monitoring of clinical progress
- ✔ Seamless data transmission into the TrestleTree platform

MEMBER EXPERIENCE

1

Enroll

Enroll online or over the phone with one of our helpful engagement specialists.

2

Initial appointments

Initial appointments are 30-60 minutes and include clinical and behavioral assessment of weight management journey and GLP-1 readiness.

3

Determine path

Members will work with a Coach to determine what path is right for them. A short-term plan to use a GLP-1, opting not to use a GLP-1, or following a slower, more deliberate approach toward beginning a GLP-1.