

HEALTHY HABITS START HERE

- ✓ *What would your patients' physical health look like if they could ACTION the lifestyle advice you give them?*
- ✓ *What if your patients had a FREE app that put 24 behaviour change tools in their hands to help them EVERY DAY in making the changes they WANT to make?*
- ✓ *What if you could STAY CONNECTED and give your patients the SUPPORT they need, WHEN they need it, in just MINUTES each week? BEFORE they let that new habit drop?*
- ✓ *Send secure, billable, personal follow-up if needed.*
- ✓ *Use data reports for productive follow-up discussions*
- ✓ *Support MORE patients for as long as they need with FEWER resources*
- ✓ *Expand the reach of your programs (complex chronic disease management, diabetes, weight management, mental health improvement, cancer recovery, cardiac rehab, etc.).*
- ✓ *End the cycle of failure and frustration – enough lifestyle change talking – help them take action instead*



A PEOPLE CENTERED APP,
BUILT FOR THE NON-ATHLETE

GoGet.Fit
Helping Beginners
Begin

