

# Your Health Journey

The Big Picture and the Digbi Steps

## First Day



- **Download** the Digbi Health app
- Enter your **start weight**
- Complete your **intake forms**
- Schedule your **Orientation session**
- Send us your first food photo

## Every Week



- Upload your meal photos & track bubbles every day
- Learn from the community with group coaching sessions on food, exercise & stress management
- Make digestive bite-sized changes with Digbi Pantry List

## Week 1



- Make Level 1 Report based changes
- Receive your DNA and Gut Biome test kits
- Integrate your Fitbit scale with the Digbi app to monitor your weight progress

## Week 4-5



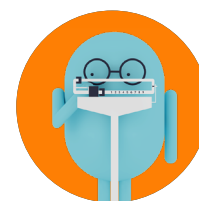
- Receive DNA test results
- Make DNA based changes

## Week 8 & Beyond



- Receive your Gut Biome test results
- Make Gut Biome based changes
- Continue to work with your coach to reach your health goals

## The 5% Milestone



- When you reach your 5% weight loss goal, we'll recommend that you visit your doctor
- You will have likely experienced improvement in your weight-related conditions and may need to adjust your medications and treatment plan

You and your coach can now set the next weight loss target and keep working toward your healthy weight. Here's to you!

Download the Digbi Health Mobile App



### Weekly Rewards



Week 1: Spice Kit



Week 2: Private  
Meal Prep Session



Week 4: Bone  
Broth Recipes



Week 6: Spiralizer  
(veggie noodles)



Week 8: Tea variety



Week 10: Water  
Infuser

### First Day

- You download the Digbi Health app and enter your start weight.  
This is the first step to start your path to weight loss and good digestive health.
- You complete your intake forms in the app.  
Digbi Health can then create your Level 1 Report and ship your DNA and Gut Biome test kits.
- You schedule your first coaching session in the app.  
Your first session is a week later. Meanwhile, your coach will send helpful links and messages, encourage you to upload food photos, and give feedback on what to include, exclude, or substitute on your plate.
- You begin tracking exercise, weight, stress, sleep, morning energy, cravings, and meditation on the app Dashboard to help the app's Artificial Intelligence draw health connections.

### Every Week

You meet and message with your coach, log bubbles on the app Dashboard, take food photos, and check your Connect the Dots reports to work towards your goals. Connect the Dots reports are AI-generated resources that draw connections between food, sleep, stress, and cravings.

# Your Health Journey

## The Big Picture and the Digbi Steps

### Week 1

You will receive your Level 1 Report and DNA and Gut Biome test kits. The report will detail the changes you need to make to your diet and lifestyle based on the information from your intake forms. It will also allow you and your coach to determine a weight loss goal and create recipes and meal plans.

To get your DNA and Gut Biome test results back as soon as possible, you must return the kits to Digbi Health as soon as you can.

### Weeks 4 to 5

You receive your DNA test results. These test results won't reveal your ancestry, but they will reveal what foods will help you lose weight, how exercise affects your body, how likely you are to regain weight, and more. You can talk to your coach to determine what DNA based changes you need to implement to help you lose weight and reverse your health issues.

### Weeks 8 to 9

You receive your Gut Biome test results. You and your coach can use these results to get a map of the bacteria in your gut and how they affect your sleep, inflammation, and obesity. You can also begin eating the right type of fruit, vegetables, beans, grains, and fermented foods to help the right bacteria thrive in your gut.

When you reach your 5% weight loss goal, we'll recommend that you visit your doctor. At this milestone, you have likely experienced some improvement in your weight-related conditions. You may need to adjust your medications and treatment plan. Hopefully, you'll cut costs too! You and your coach can then set the next weight loss target and keep working toward your healthy weight. Here's to your health!

We hope you enjoyed venturing through the Digbi Health journey. If you have any questions, please feel free to message your coach. Stay Informed, Stay Healthy!