

The BNP Continuous Glucose Monitor (CGM) Program™

Have you heard? Wearing a Continuous Glucose Monitor (CGM) helps you track your blood sugar, and it just so happens to be really fun! During this program you'll be wearing a CGM while interacting with our app and helpful team of coaches. Why? Better blood sugar = better energy, better sleep, better moods, better immune health, better performance and so much more. You'll learn why we want our blood sugar to look like rolling hills (not peaks and valleys) and what factors impact our Time in Range (you'll learn more about this from Ashley Koff RD and other experts). You will discover how your current nutrition and life choices impact your blood sugar levels and what improvements you can make. At the end of the program, you will be armed with information about how to better manage your blood sugar with recommendations from your practitioner and coach.

Join us for this enlightening experiment in health!

"The most impactful part of the program was a realization of how much added sugar was in my diet. I've made a long term adjustment in just 3 short weeks to reduce my intake. As a by-product, I have lost at least 3 pounds. I am grateful to Ashley and BNP for raising my awareness and helping me improve my nutrition."

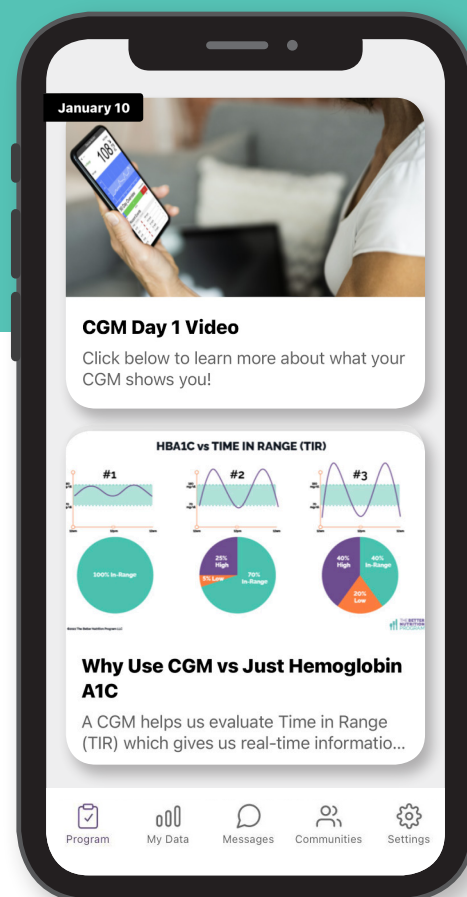
- CGM Program, Vicki M.

WHAT'S INCLUDED

- 3 weeks of The BNP Continuous Glucose Monitor (CGM) Program™ content delivered daily to your app
- Two one-on-one sessions with your coach & unlimited messaging during the program
- Bi-weekly group sessions with award-winning nutrition expert **Ashley Koff RD** + other experts
- Deliciously doable recipes
- Tips & Tricks to help you increase your Time in Range
- VIP Online support community

READY TO GET STARTED?

Simply make your purchase and then look for an email from Programs@thebetternutritionprogram.com.



© 2022 The Better Nutrition Program. These programs are not intended to replace or contradict your practitioners recommendations including medications, supplements, and food recommendations. Access is available only through a licensed or credentialed healthcare professional. * Does not include your CGM - you can get one with an Rx from your MD/NP for Free using the coupon offered on this site <https://www.freestyle.abbott/us-en/myfreestyle.html> or you can purchase for ~\$95 at <https://www.agelessrx.com/cgm-sensor>, no Rx needed. * Wearing a CGM should not interfere with any normal life activities. * Do not apply your CGM before starting the program; you will wear your CGM for 14 consecutive days beginning on Day 3 of your program. * You must plan to track your food, drinks, activity and some additional questions daily in the app so that our nutrition team can help evaluate everything that impacts your blood sugar.

The BNP Continuous Glucose Monitor (CGM) Program™, powered by **The Better Nutrition Program** and **Ashley Koff RD**, is an interactive program to help you gain insight into your blood sugar levels and the role they play in your overall health. For better health, we want our blood sugar levels to look like rolling hills not peaks and valleys. Today, with continuous glucose monitors (CGMs), we are able to better evaluate all the factors that impact your blood sugar levels (There are over 40! No, it's not just eating carbs!). CGMs help us evaluate the length of time your blood sugar levels are in a healthy range - this is called Time in Range. You will learn more about this from Ashley Koff RD and the other experts in this program.

In this 3-week program you will combine wearing a CGM and interacting with our app and your personal coach to discover how your current nutrition and life choices impact your blood sugar levels. If you are healthy (and it is approved by your practitioner), you will also try different challenges - adjusting your nutrition and life choices - to see how your blood sugar levels respond. Your coach will help you identify doable ways to make these adjustments and answer questions as you go through the program. AND because we thrive in community, we offer access to Koff and her team of experts in live group sessions. At the end of the program, your coach will share with you and your practitioner a report about suggested better next step recommendations based on the personalized learnings from your program. This personalized program meets you where you are and is what sets us apart from the rest.

Better energy, better sleep, better moods, better immune health, better performance and so much more all depend on better blood sugar levels and wearing a CGM is the first step to helping you achieve this goal! It's as easy as asking your practitioner to sign you up, and getting a welcome email from us with your access to the app. You will receive a message from your coach and your first video from Ashley Koff RD. Our personalized approach will guide you every step of the way. Let's do this!

** Does not include your CGM - you can get one with an Rx from your MD/NP for Free using the coupon offered on this site <https://www.freestyle.abbott/us-en/myfreestyle.html> or you can purchase for ~\$95 at <https://www.agelessrx.com/cgm-sensor>, no Rx needed.*

** Wearing a CGM should not interfere with any normal life activities.*

** Do not apply your CGM before starting the program; you will wear your CGM for 14 consecutive days beginning on Day 3 of your program.*

** You must plan to track your food, drinks, activity and some additional questions daily in the app so that our nutrition team can help evaluate everything that impacts your blood sugar*