



## Free & Clear, Inc. – Mind & Body® Program Snapshot

### Overview

The Mind & Body® Program teaches individuals life-long skills for how to adopt healthy behaviors in order to improve their overall health and achieve and maintain a healthy weight. Participants gain the knowledge, cognitive skills and behavioral strategies needed to improve their nutrition, increase their physical activity and manage stress. The program integrates phone-based cognitive behavioral coaching with web-based learning and social support. Evidence-based and subject to continuous improvement, the program offers transparent reporting of aggregate service levels and measurable outcomes as well as metrics of success at the individual participant level.

### Services

During a structured 12-month curriculum of weekly lessons, participants gain extensive knowledge of nutrition and physiology, acquire lifestyle skills for selecting food and physical activity, and learn to identify and reverse destructive thoughts and attitudes.

Participants receive individual and group coaching calls with a MindBody Guide™ in addition to access to Web Coach®, an e-learning platform and online community that provides progress trackers, core and elective coursework, supplemental reading and social support and networking tools. The program's curriculum is designed to provide participants with the knowledge, cognitive skills and behavioral strategies necessary to make sustained, life-long improvements that will lower their risk for chronic disease or reverse the effects of pre-existing health conditions.

- Clinical oversight by nationally recognized obesity expert, Dr. Jennifer Lovejoy
- Dietary approach endorsed by the American Dietetic Association, National Institutes of Health and the biomedical community
- Mind & Body® Coaches and Nutritionists are highly trained in the delivery of phone-based cognitive behavioral therapy techniques, exercise physiology and nutrition.



## Scientific Evidence

With 25 years of experience in health behavior change, Free & Clear is a national leader in the delivery of evidence-based programs to address modifiable health risks. The Mind & Body® Program evolved after 14 years of experience in delivering a classroom-based weight management program and phone-based bariatric support services. The program has been developed by nationally recognized experts and is based on the most up-to-date, clinically proven science available on weight management and obesity prevention.

## Media Contacts

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