

Healthy Weight

S U I T E



**A revolutionary way to support
your employees — no restrictive dieting,
just a smarter, scalable
way to help your workforce.**



NUTRITION



FITNESS



SLEEP



EMOTIONAL WELLBEING



1 IN 8 PEOPLE WORLDWIDE HAS OBESITY



75% OF U.S. POPULATION HAS OBESITY

Current weight loss solutions don't serve the whole population, leaving significant gaps in care.

With more than 200 diseases associated with this condition,
the demand for weight loss solutions has never been higher. —MILLMAN

OBESITY-RELATED COSTS EXCEEDS \$4 TRILLION

annually, and mental health and weight are deeply intertwined so employers need to address prevention and lifestyle solutions. Grokker's Healthy Weight Suite tackles these issues head-on, helping employees develop healthy habits that last a lifetime.

See how Healthy Weight Suite can help your workforce.

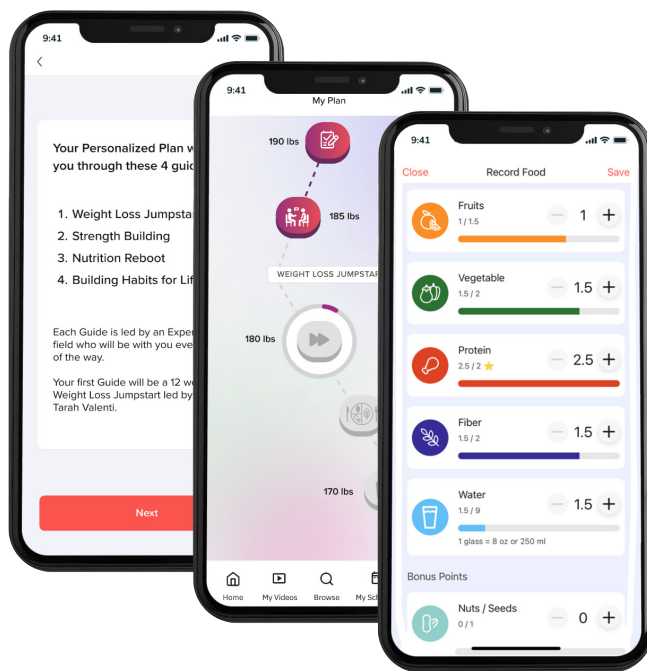
Contact us for a free Demo >

or scan the QR code



What is the Healthy Weight Suite?

The Healthy Weight Suite scraps the “eat less, move more” paradigm and instead uses positive psychology, food-inclusion™, hyper-personalization, and a holistic approach to drive lasting behavior change.



Key Differentiators:

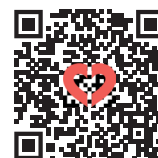
- **Food-inclusion™:** No restrictive dieting—just balanced, sustainable eating habits.
- **Community-driven support:** A wellbeing social network for support and motivation.
- **Expert guidance:** Registered dietitians and credentialed health professionals provide personalized coaching.
- **A holistic framework:** A focus on fitness, sleep, nutrition, and emotional wellbeing to drives lasting behavior change.
- **Hyper-personalization:** GrokkyAi, the conversational benefits agent that offers real-time health advice, content recommendations, and dietary support.
- **Ongoing education and support:** Regular opportunities for learning, accountability, and motivation.
- **No GLP-1 prescriptions:** No divided loyalties, just whole population support that complements or replaces GLP-1 usage.

Pilot results:

- Participants in the Healthy Weight Suite program are already seeing results — some have lost an average of 5% body weight over eight weeks, and 90% report feeling more focused, productive, healthier overall.
- 22% engaged, 8% have met or plan to meet with a coach
- 3.6 lbs Average weight loss reported at 4 week check in.

Contact us for a free Demo >

or scan the QR code



Healthy Weight

S U I T E

“Keeping me mindful of what I am eating with a focus on nutrient dense food choices. All my cravings are not gone. I keep focusing on what do I want, really want — I want to feed my body to be stronger and healthier. The scale is still a trigger and a desire for greater results, but I keep saying, this is a lifestyle change, not a quick fix”

“It has given me guidance and support when I feel discouraged. It also provided [me] with a wealth of resources which have been extremely helpful.

[Contact us for a free Demo >](#)

or scan the QR code

