



My Viva Plan[®] is an effective solution to help you prevent and manage chronic disease

- ✓ Empowers you to achieve resiliency & better health
- ✓ You get data-driven treatment care plans
- ✓ Customized meal plans, recipes, videos and more
- ✓ Creates an accountability structure for you and your doctor



**TALK TO YOUR
DOCTOR
ABOUT USING
MY VIVA PLAN[®]**



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