



# My Viva Plan<sup>®</sup> 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<sup>®</sup>**



[discover.myvivaplan.com](https://discover.myvivaplan.com)