

Innergy[®] Evidence-Based Sustained Weight Loss

An Answer to the Epidemic

More than two-thirds of American adults are overweight or obese. Excess weight raises serious health risks, drives up medical costs and reduces productivity. Innergy responds to the need for a convenient, sustained weight loss solution that works by incorporating coaching calls and regular tracking—both of which are closely linked to weight loss.

Built on scientific evidence

Innergy approaches the overall goal of healthy weight with a broader understanding of influences addressing eating habits, physical activity and the emotional and social aspects of well-being. Innergy was developed through an ongoing collaboration with major research university Johns Hopkins Medicine and features:

- Frequent contact with a Johns Hopkins trained coach
- Education and guidance to change behaviors
- Realistic and achievable goals that build confidence
- Self-reporting and accountability
- Social connection and physician support



Dedicated coaches

Innergy coaches are certified in adult weight management and have experience working on behavior change with individuals or groups. Our 1:1 coaching model builds effective personal relationships through frequent communication both by phone and online.

Instilling confidence and positive thinking

Innergy emphasizes inner goals and a common motivator for losing weight: wanting more energy for personal passions. This positive emotional perspective helps participants approach weight loss with optimism and resilience.

Convenient, interactive access

Participants can access comprehensive support when and where they want to. Our robust website and mobile app support daily tracking, positive feedback, group interaction and physician communication. Elements include:

- Initial and ongoing healthy weight surveys
- Dynamic learning features that build skills week by week
- Self-monitoring tools and progress reports with real-time feedback and visual displays
- Message and resource centers including a healthy recipe center
- Personalized email reminders
- Achievement tracking, tied to a customizable incentive program

Creating community

Coached group chats and an online message wall, integrated with other web resources, build connections that strengthen participant commitments to healthy weight.

Physician-directed support

Coaches encourage initial and ongoing participant/physician communication. A shareable physician report makes it easy for participants to discuss plans and progress with their doctors. Online resources for physicians include a counseling tip sheet and access to related clinical results and publications.

Who is eligible?

Participants must be age 18 or older with a BMI greater or equal to 30 to be eligible.

Upon enrollment in the program, participants are partnered with a Healthy Weight Coach who serves as their health education resource, strategist and support system. They receive weekly coaching calls for the first 12 weeks of the program, monthly calls during weeks 13-52 and a call every six weeks throughout the second program year.



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