

## Combe Grove At Home Programme Guideline

### 1. Scope of the programme

Combe Grove at Home is a comprehensive online programme delivering medically measurable results, developed by Metabolic Health specialist.

The 5 Roots of Metabolic Health™ form the foundation of our At Home Metabolic Health programme, aimed at restoring, maintaining and enhancing metabolic balance.

You will learn how the 5 Roots of Metabolic Health™ will be utilised to help you improve your Metabolic Markers and reset your Metabolism. The Five Roots are;

- Nutrition
- Movement
- Sleep
- Mindset
- Environment

Making changes across each of these roots can significantly improve Metabolic Health.

Your dedicated Metabolic Health Coach will empower you to confidently select the most powerful changes to help you reach the goals that we have set together.

The Combe Grove at Home programme is not intended to diagnose or treat any medical problem and if clients have any medical concerns, they are advised to seek advice from their GP. In the event of any concerns raised in relation to test results obtained via the programme by either the client or the Metabolic Health Coach, advice should be sought through the client's GP.

### 2. Communication

Throughout your metabolic health journey, you will be using our client platform, Practice Better, as this is a secure General Data Protection Regulation (GDPR) protected space. You will have access to both group messaging with others enrolled on the programme, and direct messaging with your Metabolic Health Coach.

Live group sessions will be carried out at set scheduled times over Zoom. During the presentations, clients are asked to mute their microphones and will be invited to share questions using the chat messaging function. At the end of each session, clients will be invited to unmute their microphones, ask any questions and to join in discussions. All live group sessions will be recorded and made available afterwards.

Your personalised one-to-one sessions between you and your Metabolic Health Coach will also be carried out over Zoom. This is an opportunity to share your personal information so that programme support can be tailored to your individual needs.

To ensure you have the very best experience throughout your programme, we ask all clients to be kind, tolerant, and respectful towards each other. As everyone's health journey is personal, we also ask that anything discussed in the group is not shared externally.

When using the group messaging function or engaging in live group chat, please feel free to ask any questions. We also encourage clients to share their achievements, challenges, ideas and advice, and any photos or images that are in keeping with the group theme.

### **3. The Role of the Metabolic Health Coach**

The primary role of the Metabolic Health Coach is to support clients throughout their Combe Grove at Home journey. They will deliver all live group sessions and one-to-one sessions as well as answer any questions asked via the client portal.

Metabolic Health Coaches will be available from Monday to Friday and strive to respond to all group and individual messages within 48 hours from Monday to Friday.

### **4. Client Participation**

You will be guided in making changes across the the 5 Roots of Metabolic Health™ over the 12 week programme with key actions and recommendations provided each week.

Making these changes can significantly improve Metabolic Health. Our team will help you to identify the most powerful changes for your personal goals and life stage. You can experience dramatic and often rapid transformations in your metabolic health when you commit to resetting these roots in unison. To achieve your personalised health goals, your full client participation and dedication will be needed.

The direct message function and your one-to-one consultations give you contact with your Metabolic Health Coach.

### **5. Time commitment**

Over the 12 week programme, there are six live 90 minute group sessions and three 45 minute one-to-one consultations with your personal Metabolic Health Coach. Each week, it is expected that the client spends a total of around 2 hours engaging in the programme to help facilitate actions, embed long-term habits and help you to achieve the goals that we have set and agreed.

### **6. How long will the content be available for**

Your programme content will be available within Practice Better from your first live date for 12 months.