

The medication helps them lose weight. Healthy Enough helps them keep it off.

GLP-1 medications have transformed weight management. Healthy Enough gives your clinic a simple way to monitor nutrition, exercise and habits between visits — so patients lose weight, maintain muscle, and build a healthier future.

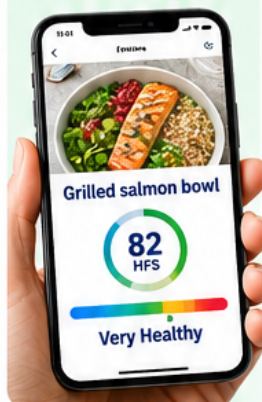


"The medication jump-started my weight loss. Healthy Enough shows me how to keep it off."

HE-Food

Simple tracking.
Deeper insights.

-  Photo entry
-  Voice entry
-  Barcode scan
-  Search foods
-  Saved meals & recipes
-  Food quality score
-  54 nutrients vs. 30 DRIs



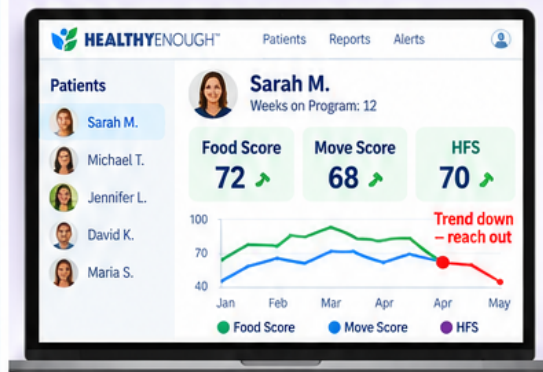
HE-Move

Five key components.
One simple score.

-  **Movement**
Daily activity
-  **Aerobic**
Cardiovascular fitness
-  **Strength**
Muscle and bone health
-  **Flexibility**
Mobility and function
-  **Balance**
Fall prevention

Professional Dashboard

See what's happening between visits.
Detect problems early. Intervene and improve.



Especially Important During GLP-1 Weight Loss

-  Maintain lean muscle
-  Adequate protein intake
-  Overall food quality
-  Complete nutrient intake
-  Exercise and resistance training
-  Track progress over time
-  Build habits for long-term success

Proven with Real Users

In a 237-person pilot, participants were monitored through the professional dashboard and contacted when they began trending off track.



67%

achieved our adherence criterion, even when dropouts and participants who failed to maintain Food and Move scores $\geq 70\%$ were counted as non-adherent.

From Appointments to Continuous Care

Turn data into better outcomes with a simple process.



A Simple 90-Day Pilot

Start with 50–100 patients. No major integration required.

-  50–100 patients
-  HE-Food + HE-Move
-  Professional dashboard
-  Weekly reports
-  Implementation support
-  90-day results

The Longer-Term Opportunity

GLP-1 + Healthy Enough = medication-supported weight loss + lifestyle-supported long-term health, helping patients maintain results during dose reduction or after medication.

Let's Explore a Pilot Together →