

How Calibrate Weight Loss Wor... X

https://www.joincalibrate.com/how-it-works

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Calibrate HOW IT WORKS PRICING PROGRAM MEDICATION FAQ RESULTS SIGN IN AM1 ELIGIBLE?

SUSTAINABLE WEIGHT LOSS BASED ON BIOLOGY
 Doctor-prescribed medication, 1:1 video coaching, and lifestyle tweaks for 10% weight loss, guaranteed (see terms).


AM1 ELIGIBLE?

★★★★★ 4.9 Average Rating

15% Average Weight Loss SEE MORE

FRA Eligible SEE MORE

Results Guaranteed SEE MORE



DESIGNED FOR YOUR BIOLOGY, NOT WILLPOWER.

Doctor-prescribed GLP-1 medication

1:1 Video coaching

Holistic curriculum

Guaranteed medication coverage

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GET STARTED TODAY
 Join thousands of members who have lost at least 10% of their body weight.

AM1 ELIGIBLE?

WHAT MAKES CALIBRATE DIFFERENT?

Doctor-prescribed medication

Sustainable results

1:1 Video coaching

WE'RE IN IT TOGETHER EVERY STEP OF THE WAY.

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WE'RE IN IT TOGETHER EVERY STEP OF THE WAY.

Step 1: Meet Your Calibrate Doctor

within 2-3 weeks

- 45-minute video doctor visit.
- In depth review of your health history and lab work.
- Discuss the best GLP-1 medication for you.

After your virtual doctor visit, our Medical Team is easily accessible via the Calibrate app.



"The structure, pace, and support networks have made this journey feel effortless."

Monica D

Common Questions

- Who are the doctors on the Calibrate platform?
- What medications will Calibrate doctors prescribe? Do I have to take medication to join Calibrate?
- What is the Medication Coverage Guarantee and how does it work?

Step 2: Get GLP-1 Medication Prescription

within 4 weeks

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Step 2: Get GLP-1 Medication Prescription

within 4 weeks

- Research shows GLP-1s are the most effective and safe medication for long term weight loss.
- Calibrate doctors prescribe the most clinically appropriate medication for you that's covered by your insurance.
- GLP-1s prescribed include semaglutide and liraglutide, known under brand names like Wegovy[®] and Saxenda[®].
- Guaranteed medication coverage at \$25/month or less ([see details](#)).

We have helped 55% of members get GLP-1 medication coverage at \$25/month or less (after any deductible is met)



"I've lost 17% of my body weight, over 50 pounds, and my mood, sleep, and relationship are so much better."

Michael S

Common Questions

- Is the medication safe?
- How is GLP-1 medication different from phentermine?
- Will my insurance cover the FDA-approved medications?

Step 3: Meet Your Coach

within 0-6 weeks

- Your first coaching session is the official start of your Calibrate year.
- Bi-weekly video coaching sessions.

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Step 3: Meet Your Coach

within 5-6 weeks

- Your first coaching session is the official start of your Calibrate year.
- Bi-weekly video coaching sessions.
- Support staying accountable to the goals you set and coaching through every victory, setback, and comeback.
- Coaching alongside a structured curriculum to make lifestyle tweaks across food, sleep, exercise, emotional health that ladder up to big wins.

26 full video coaching sessions over one year



"My weight loss so far has enabled me to be more active and do what I love to do!"
Lena R

Common Questions

- What certifications/qualifications do Calibrate Accountability coaches have?
- What will my Calibrate food goals be?
- What will my Calibrate exercise goals be?

Step 4: Reach 10% Weight Loss

by 6 months

- In addition to 10% weight loss, measure a smaller waist circumference.
- Feel improvements in energy level, stamina, and exercise habits.

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Step 4: Reach 10% Weight Loss

by 6 months

- In addition to 10% weight loss, measure a smaller waist circumference.
- Feel improvements in energy level, stamina, and exercise habits.
- Set and meet new goals, like exercising or walking 20 minutes per day.

The first Calibrate members lost on average 1% of their body weight in 6 months



"My new day-to-day is feeling more comfortable in my body!"
Steven H

Common Questions

- How much of a time commitment is the One-Year Metabolic Reset?
- How is Calibrate different from other weight loss programs?
- How does the app work?

Step 5: Sustain 10%+ Weight Loss, Guaranteed

by 1 year

- Lose 10% of your body weight in one year or get your money back (see terms)
- Live your new day-to-day with health habits you can sustain.
- Get lab work done again to measure your progress.

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Step 5: Sustain 10%+ Weight Loss, Guaranteed
by 1 year

- Lose 10% of your body weight in one year or get your money back ([see terms](#))
- Live your new day-to-day with health habits you can sustain.
- Get lab work done again to measure your progress.
- See significant metabolic health improvements that can help improve conditions like high blood pressure or diabetes.
- See more on our [Results Page](#).



"I've lost 19% of my body weight. I started the program at 218 pounds, and six months later I'm at 180."
Michael S

Common Questions

- Is my medical information protected?
- Can I pause my membership and pick up where I left off?
- What is the refund policy?

THE MEDICATION

2-3X BETTER RESULTS

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THE MEDICATION

Doctor-prescribed medications called GLP-1s (glucagon-like peptide-1s) safely kick-start your metabolic health. Research shows that, in combination with 1:1 video coaching and lifestyle tweaks, GLP-1s are the most effective and safe long-term option for weight loss.

[LEARN MORE ABOUT THE MEDICATION](#)

GLP-1 MEDICATION ONLY

2-3X BETTER RESULTS
Calibrate

WHAT DOES CALIBRATE COST?

Prescription Medication <small>\$25/month with our Medication Coverage Guarantee</small>	+	One-Year Metabolic Reset Program <small>\$35/month for 1:1 coaching, ongoing medical care, and a holistic curriculum</small>	=	\$160 Per month
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[LEARN MORE ABOUT PRICING](#)

WE NAVIGATE INSURANCE

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