

## A TEAM WHO HAVE LIVED IT

Everyone on our team understands food addiction and metabolic disease firsthand, and will support and educate you on how to create a healthy lifestyle. We want to empower you with the tools necessary to reclaim your health and overcome whatever challenges you face.

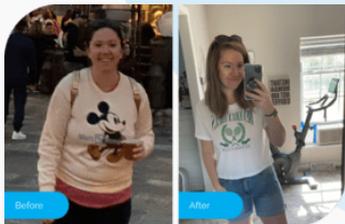
## MEET OUR COACHES



Amy Eiges,  
Program Director, Health Coach



Brian Wiley,  
Health Coach



Alice Smith,  
Health Coach, Personal Trainer

## MEET OUR CLINICIANS



**Dr. Tro Kalayjian, DO**  
Medical Director



Dr. Tro Kalayjian is a double board-certified physician in Internal and Obesity medicine with a focus on food addiction, diabetes, hypertension and lipid management. His driving mission is to end metabolic disease and empower both doctors and patients to be the best they can be. Dr. Tro has lost and maintained 150 pounds of weight loss.



**Dr. Laura Buchanan, MD, MHP**  
Physician

Dr. Laura Buchanan is a double board-certified physician in Family and Obesity medicine and a Metabolic Health Practitioner. Her passion is to help people age successfully, living as free from the burdens of disease and medication as possible.



@doctortro | @laurabuchananmd  
www.DoctorTro.com



**Dr. Tro's Medical Weight Loss**

**LAITRAM**  
WELLNESS

## EMPLOYEE WELLNESS PROGRAM

A sustainable way to:

- Reclaim your health
- Manage your diabetes and other metabolic conditions
- Lose weight

All without being hungry.

## WE WANT OUR PATIENTS TO SUCCEED

We are a nationwide, evidence-based telemedicine practice with a mission to end type 2 diabetes, obesity and food addiction. Our integrative approach to sustainable weight loss and metabolic health management includes health coaching, biometric remote monitoring, education, personal training and an interactive online social support community.

## THE DOCTOR TRO APP: A METABOLIC HEALTH CLINIC IN YOUR POCKET

Real support, powerful tools and a community by your side. The App is FREE to all employees. Scan the QR code and follow the steps for premium access.

Community chat

Weekly group coaching

Self-guided education

CGM resources

Meetings & courses

LIVE podcast recordings



Scan for Premium App Access



## EMPLOYEE WELLNESS PROGRAM

### A new way to manage metabolic conditions and reclaim your health

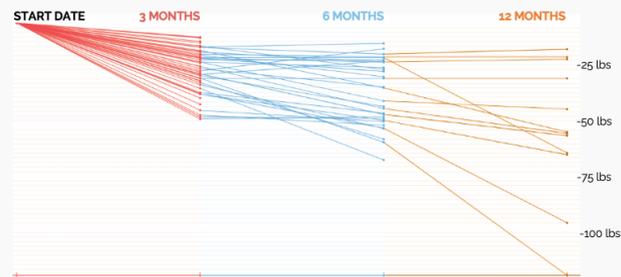
Every day in his clinic Dr. Tro and his team help people reduce or eliminate medications they may have been taking for years – even for things they have been told they might need to take forever – like diabetes or high blood pressure prescriptions.

The 24-Month Medical Weight Loss program offers all employees, and their dependents on the Laitram insurance policy, an immersive physician-supervised program that emphasizes patient empowerment to achieve metabolic health and weight loss.

With the goal of creating lifelong sustainable behavior change, participants will reclaim their health by focusing on what matters:

- understanding hunger
- appetite
- cravings

### Weight Loss Results



Avg 12-month weight loss:

52lbs

Avg 12-month A1C

1%

Avg 10-year cardiac risk:

44%

Avg Systolic Blood Pressure:

17mmHg

## COST SUMMARY



### Laitram Cost Coverage:

- Program onboarding fees
- Monthly Medical Weight Loss program fee
- Remote monitoring biofeedback equipment (scale and blood pressure cuff, if medically needed)
- Premium access to Dr. Tro App (scan QR Code and use LAITRAM at checkout)



### Employee Cost Responsibility:

- Anything medically indicated, but not covered by standard program fee, including medications, imaging/studies, lab work, CPAP, genetic testing, or provider referrals (cardiology, OBGYN, etc.)\*
- Supplemental programs offered by Dr. Tro including personal training, small group coaching, or additional health coaching or doctor visits

\* Some or all items may be covered in whole or in part by your health plan, including the Laitram health plan, if you are a participant.



### How to Enroll

If you want to apply for the program or have any questions, please email amy@doctortro.com. All participants must fill out an application with their medical, diet and weight histories, and will be chosen for the program based on Practice availability and medical need.