MiGuide

Healthy and lasting weight loss with lifestyle coaching

Online combined lifestyle intervention

Stronger together

100% reimbursed

Fully online

miguide.nl

Ready for an approach that suits you?

For two years, we support you in developing healthy habits that you can really maintain long term. Not by telling you what you can and can't do, but by helping you see what you need to move forward. You are the one to decide what to work on: nutrition, exercise, sleep, relaxation and/or stress management, so that it fits you and your life.

(8 months)

Development phase

- Intake conversation
- 8 group meetings
- 3 personal conversations with your lifestyle coach

(16 months)

Maintenance phase

- 8 group meetings
- 4 personal conversations with your lifestyle coach
- Evaluation conversation

Nutrition

Exercise

Relaxation

Sleep

> **I find the group meetings really valuable. We learn from and with each other. The personal conversations also give me a boost to keep going.**
>
> Miranda, MiGuide CooL participant

How we support you

With MiGuide CooL, you don't have to deal with losing weight alone. We help you with these three building blocks.

Group meetings

You work on your lifestyle in an online group. You learn from each other and help each other. The meetings take place via a video call. There are day groups and evening groups.

Dedicated lifestyle coach

You get a dedicated lifestyle coach. Together you discuss your goals and challenges. This way, you work step by step towards a lifestyle that suits you and that you can maintain.

Digital tools

With MiGuide Leren, our online learning environment, you work on your lifestyle when it suits you. You'll find explanations, assignments and the schedule of the group meetings

Tailored support

We have extra modules on topics such as the menopause, knee osteoarthritis and obesity medication. There are also groups specially for young adults, people with autism or monogenic obesity. These are in Dutch.

Online information session

Curious whether MiGuide CooL is right for you, or do you have questions? Join one of our online information sessions. The sessions are in Dutch. **Sign up at** www.miguide.nl.

Requirements for MiGuide CooL

With a referral from your GP or medical specialist, MiGuide CooL is fully reimbursed by your basic health insurance, without any payment as part of own risk (“eigen risico”). These are the conditions:

You are 18 or older and one of the following applies to you:

- your BMI is between 25 and 35, combined with a large waist circumference: 88 cm or more for women and 102 cm or more for men;
- your BMI is between 25 and 35 and you have one or more health conditions related to being overweight;
- your BMI is 35 or higher.

Interested?

Ask your doctor (GP) for a referral.
We’ll take it from there and get in touch with you!

Get in touch

info@miguide.nl

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miguide.nl

MiGuide CooL COACHING OP LEEFSTIJL