



Healthier Me
A Healthier Tomorrow Starts Today
Healthy Weight



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Coach Online Training





Eligibility Criteria

Amway Business Owners (ABOs)

Either ONE (1) of the below:

- ▶ Existing Gut Fit Challenge Participants *or*
- ▶ Gut Fit Challenge Coaches who led a team or participated in a challenge *or*
- ▶ Gut Morning Day 0 Pilot participants *or*
- ▶ Participants of the “Professional Certificate in Fundamentals of Nutrition” course by Amway – Republic Polytechnic *or*
- ▶ Participants of "Healthier Me, Healthy Weight" Journey *or*
- ▶ Purchase any of the Gut Morning Boosters here. (Only SKU 322261, 322263, or 322282 are accepted)

Steps to Become a Coach

1

Meet the eligibility criteria.

2

Watch all recordings online

View all the Recorded Training Topic videos on the Amway eLearning portal.

Login at amway.sg > Education > Click "Learn More" > Select "Healthier Me, Healthy Weight Training".

3

Complete an Online Assessment

Complete the Online Assessment with multiple attempts allowed to achieve a passing score of 75%.

Click [here](#) for the assessment link or visit:
<https://forms.gle/p6AWu9j6LCd7Dbna6>

4

Receive eCertificate with Coach ID

An email confirming Healthier Me, Healthy Weight Coach status will be sent within **5 working days** via sgfeedback@amway.com after passing the assessment.

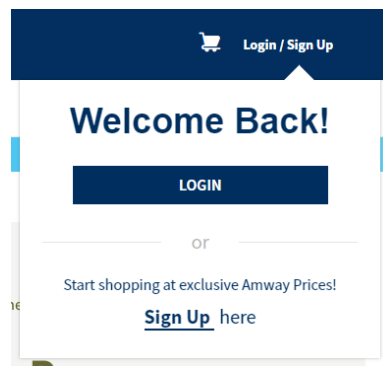


Logging in to Amway eLearning Portal

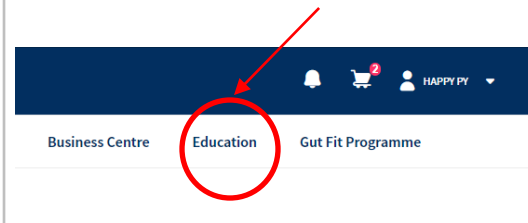
Step 1: Visit www.amway.sg



Step 2: Log in to Amway Singapore

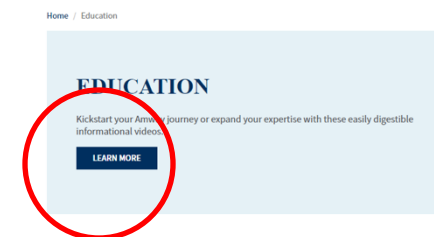


Step 3: Click on "Education" Tab*

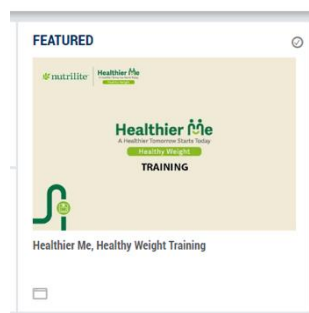


**Only applies to Amway SG ABO*

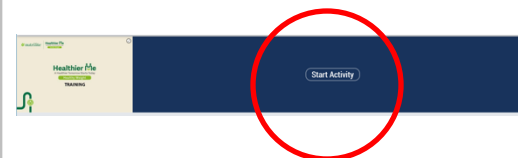
Step 4: Click "Learn More"



Step 5: Click this module "Healthier Me, Healthy Weight Training"



Step 6: Click "Start Activity"





Healthier Me

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Journey

Period: 10 Sep 2024 to 28 Feb 2025

Registration Closing: 30 Dec 2024

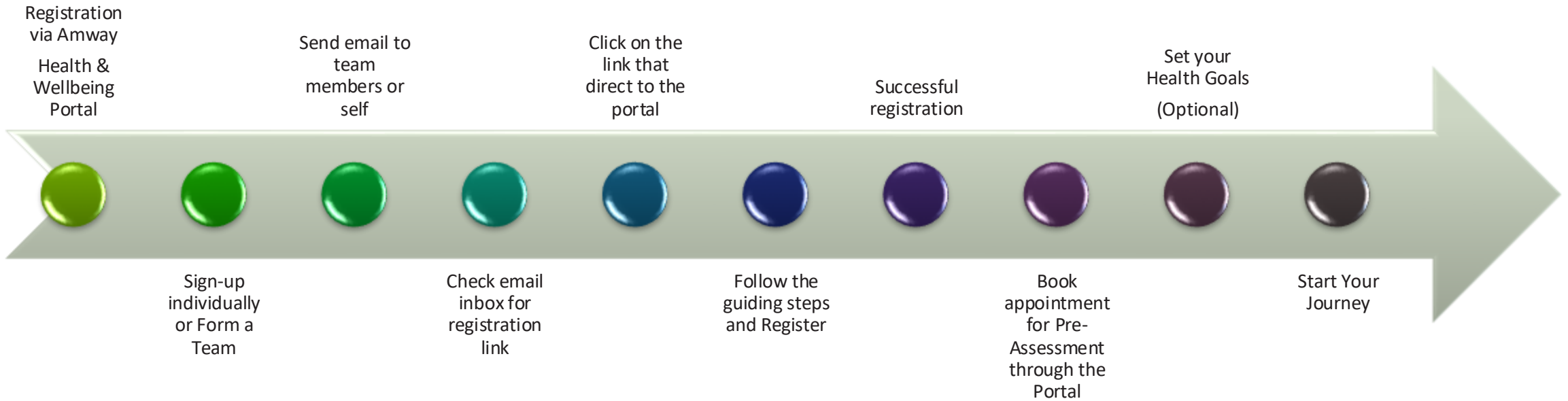




How to Join?



Period: 10 September 2024 to 28 Feb 2025 (Registration closing: 30 Dec 2024)





Healthier Me
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How to Get Started (User Guides)



Period: 10 September 2024 to 28 Feb 2025 (Registration closing: 30 Dec 2024)



SINGAPORE

USER GUIDE:
Healthier Me, Healthy Weight
How to Get Started



UPDATED AUG 2024



SINGAPORE

USER GUIDE:
Healthier Me, Healthy Weight
How to Join Team



UPDATED AUG 2024



SINGAPORE

USER GUIDE:
Healthier Me, Healthy Weight
How to Add Health Goal



UPDATED AUG 2024

All User Guides will be available from 10 September 2024 onwards



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How To Join?



Period: 10 September 2024 to 28 Feb 2025 (Registration closing: 30 Dec 2024)

Get ready

Yourself



Or
Form a Team



Invite your new friends too!

Kickstart

Purchase **one** pack
(per pax)

ULTIMATE PACK
AP \$713 to \$839



or

BUILD YOUR OWN (BYO) PACK
*AP \$750



Let's go

Registration via Amway Health & Wellbeing Portal
Questionnaire + Inbody Assessment*

** At Nutrilite Health & Wellbeing @ Aperia. Prior appointment is required through Health and Wellbeing Portal*



Set a health goal

Self-setting of health goal.
Example: Achieve fat loss, gain muscle mass, lifestyle habits, or other health goals.

Token of Participation



Nutrilite Foldable Bucket Hat (1 ea, black or beige)
+ Cooling towel (1ea)

Special!
Welcome gift for new ABO/ APC

**Sign up within 90 days prior registration.*



Celebrate

Criteria: Achieve either 1 category



Body Fat Loss
-2%



Muscle Mass Gain
+1% or +1kg

Token of Achievement



\$50

Amway Shopping eCoupon



Worth \$120 (per pax)



CONTINUE

Restart the journey to achieve more results..
Or continue with current health goal or set a new one



Pre- and Post- Assessment Appointment Roadmap

Book Your Appointment Prior to Measurement

- Click on the URL through the Amway Health & Wellbeing Portal: https://calendly.com/healthierme_healthyweight
- Choose your desired pre- and post- assessment time slots
- A confirmation of appointment will be sent to you via email/SMS

Note:

All participants are required to book appointment via Calendly in advance before proceeding to Amway City Shop for desired pre- and post- assessment.

- Participants **without** prior appointment confirmation via Calendly will be **denied**.
- Be **punctual** for the appointment. Late arrival may result in refusal of measurement.
 - If an appointment is late by 10 minutes or more, please rebook the appointment.
- Early post-assessment is **allowed**
 - Participants can attend post-assessment between **55th day – 60th day** from Pre-Assessment date (up to 5 days **before** Post-Assessment due date).

Period:

10 September 2024 to 28 Feb 2025

(Last day to register for Pre-assessment: 30 Dec 2024)



11.15am – 8.30pm

**Last appointment at 8.30pm*

For any enquiries pertaining to the Healthier Me, Healthy Weight Journey, please email to sgfeedback@amway.com or sgforum@amway.com.

Step 1: Registration



To join the journey:

- Purchase either Ultimate pack (AP \$713 to \$839) or AP\$750 Build Your Own Pack (up to 3 receipts)



Step 1

- Visit the Nutrition Health Experience – Nutralite @ Aperia Mall

Step 2

- Complete all necessary procedures on Amway Health & Wellbeing Portal

Step 3

- Present confirmation of appointment (email or SMS from Calendly)

Step 4

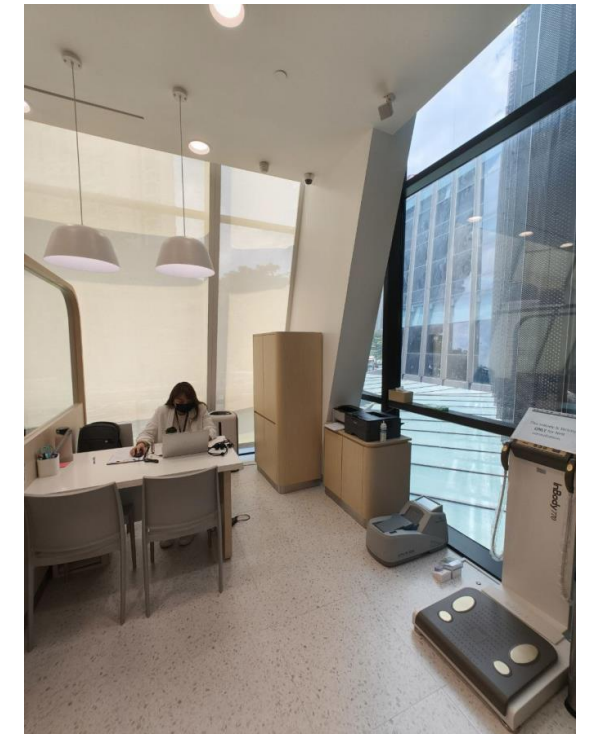
- Provide any form of photo identification for our Consultant's verification

Step 5

- Present proof of submission of your pre- and post-assessment photos to our Consultant

Step 6

- Our Consultant will guide you on the pre/post-assessment process and verify the results



Step 2: Photo taking & Submission



1. Take photo (individual/ team) who are taking part in the Healthier Me, Healthy Weight Journey
 - ✓ Front and side view
 - ✓ Ensure clear visibility of participant's face and body (refer example in next page)
2. Submit your team photos through Amway Health & Wellbeing Portal



Dress in casual attire.
Empty pockets for accuracy
Avoid accessories and additional outer wear (example: caps, sunglasses, jackets, coats etc)

Note: Self-managed photo taking

FRONT VIEW



SIDE VIEW



Good

Step 3: Assessment



Sanitize your hands

Remove all accessories and empty pockets before standing onto the InBody Weighing Machine

Place both feet and hands on the sensors metal plates

Upon complete measuring, sanitize the foot metal plates and contacted surface area

Consultant will input the results into Amway Health & Wellbeing Portal

Participant will acknowledge the results using the portal



Note:

- Any measurement taken without our Consultant's verification will be deemed invalid.
- Our Consultant reserves the right to request participants removal of accessories and items in pockets. We seek all participants kind understanding and cooperation.
- Remember to collect your belongings before leaving.
- Amway Singapore is not liable for any loss, damage of belongings.



Microbiome Science Healthy Weight Solution



AVAILABLE FROM 1 OCT 2024



Nutrient-rich prebiotic for Skinny Microbiome



Mixed FOS with Grape Ferment

AP \$56 RP \$70
PV 25.7 BV: 51.4



Metabolic Pre & Postbiotic

AP \$69 RP \$87
PV 31.7 BV: 63.3



Metabolic



Fat Factory Fat Storage

Advance Purchase

AVAILABLE FROM 1 SEP 2024!
Microbiome Metabolic Health Pack



AP \$125 RP \$157
PV 57.4 BV: 114.7

*Purchase limit of 2 packs per ABO/ APC in Sep 2024.

Curated to support your Healthy Weight Journey



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Healthy Weight Solutions
Available from 01 September 2024

Ultimate Pack with Healthy Meal

SKU: 326229



AP \$839 **RP \$1,054**
PV 385.2 **BV 769.7**



- Gut Morning Boosters**
 - With All Plant Protein 900g (1 set)
- Microbiome Metabolic Health Pack**
 - Metabolic Pre & Postbiotic (1 bottle) **NEW**
 - Mixed FOS with Grape Ferment (1 box) **NEW**
- Fat Busters**
 - Slimmetry (1 bottle)
 - Mixed Soy Protein & Lecithin with Vitamin E (1 canister)
 - Glucose Health (1 bottle)
 - CB Plus (1 bottle)
- Muscle Strengtheners**
 - XS Ignite (1 box)
 - XS Muscle Multiplier (1 box)
- Healthy Meal**
 - BodyKey Meal Replacement Shake (Choose 2)
 - **FREE** – Gut Morning Shaker 780ml (1 bottle)

Only receipts dated 01 Sep 2024 & onwards will be eligible.



Healthier Me
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Healthy Weight Solutions

Available from 01 September 2024

Ultimate Pack – with APP 900g

SKU: 326222



FREE GIFT

AP \$713 RP \$896
PV 327.4 BV 654.1



Gut Morning Boosters

- With All Plant Protein 900g (1 set)

Microbiome Metabolic Health Pack

- Metabolic Pre & Postbiotic (1 bottle) **NEW**
- Mixed FOS with Grape Ferment (1 box) **NEW**

Fat Busters

- Slimmetry (1 bottle)
- Mixed Soy Protein & Lecithin with Vitamin E (1 canister)
- Glucose Health (1 bottle)
- CB Plus (1 bottle)

Muscle Strengthener

- XS Ignite (1 box)
- XS Muscle Multiplier (1 box)

- FREE** – Gut Morning Shaker 780ml (1 bottle)

Only receipts dated 01 Sep 2024 & onwards will be eligible.



Healthier Me
A Healthier Tomorrow Starts Today
Healthy Weight

Healthy Weight Solutions
Available from 01 September 2024

Ultimate Pack – with 2 Protein

SKU: 326223



AP \$719 - \$728 RP \$903 - \$915
PV 330.1 – 334.3 BV 659.6 – 667.8



Gut Morning Boosters	<ul style="list-style-type: none"> With 2 Protein (1 set)
Microbiome Metabolic Health Pack	<ul style="list-style-type: none"> Metabolic Pre & Postbiotic (1 bottle) NEW Mixed FOS with Grape Ferment (1 box) NEW
Fat Busters	<ul style="list-style-type: none"> Slimmetry (1 bottle) Mixed Soy Protein & Lecithin with Vitamin E (1 canister) Glucose Health (1 bottle) CB Plus (1 bottle)
Muscle Strengthener	<ul style="list-style-type: none"> XS Ignite (1 box) XS Muscle Multiplier (1 box) FREE – Gut Morning Shaker 780ml (1 bottle)

Only receipts dated 01 Sep 2024 & onwards will be eligible.



Healthier Me
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Healthy Weight Solutions
Available from 01 September 2024

Ultimate Pack

- with 1 Joint Booster + 1 Protein

SKU: 326224



AP \$735.50 - \$740 RP \$924 - \$930
PV 337.7 - 339.8 BV 674.7 - 678.8



Gut Morning Boosters

- With 1 Joint Booster + 1 Protein (1 set)

Microbiome Metabolic Health Pack

- Metabolic Pre & Postbiotic (1 bottle) **NEW**
- Mixed FOS with Grape Ferment (1 box) **NEW**

Fat Busters

- Slimmetry (1 bottle)
- Mixed Soy Protein & Lecithin with Vitamin E (1 canister)
- Glucose Health (1 bottle)
- CB Plus (1 bottle)

Muscle Strengthener

- XS Ignite (1 box)
- XS Muscle Multiplier (1 box)

- FREE** – Gut Morning Shaker 780ml (1 bottle)

Only receipts dated 01 Sep 2024 & onwards will be eligible.



Healthier Me
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Healthy Weight

Healthy Weight Solutions
Available from 01 September 2024

Ultimate Pack (Meal Replacement & Gut Health)

SKU: 326231



FREE GIFT

AP \$767 RP \$963
PV 352 BV 703.6



Gut Morning Boosters

- With All Plant Protein 900g (1 set)

Microbiome Metabolic Health Pack

- Metabolic Pre & Postbiotic (1 bottle) **NEW**
- Mixed FOS with Grape Ferment (1 box) **NEW**

Gut Health

- Balance Within™ Probiotic (1 box)
- Mixed Fiber Powder (1 box)

Healthy Meal

- BodyKey Meal Replacement Shake (Choose 5)
- FREE** – Gut Morning Shaker 780ml (1 bottle)

Only receipts dated 01 Sep 2024 & onwards will be eligible.



Healthy Weight Solutions

Available from 01 September 2024

Build Your Own Pack

Minimum value of AP\$750 from the modular and/ or single products listed below.

Gut Morning Boosters & Microbiome Metabolic Health

322261 / 322263 /
322282

Gut Morning Boosters
AP \$210 to \$237

- With All Plant Protein 900g / 2 Protein / 1 Joint Booster + 1 Protein (choose 1 set)

326214
Microbiome Metabolic
Health Pack
AP \$125

- Metabolic Pre & Postbiotic (1 bottle) **NEW**
- Mixed FOS with Grape Ferment (1 box) **NEW**

Targeted Healthy Weight Solution

326216
Fat Busters
AP \$257

- Slimmetry (1 bottle)
- Mixed Soy Protein & Lecithin with Vitamin E (1 canister)
- Glucose Health (1 bottle)
- CB Plus (1 bottle)

326217
Muscle Strengtheners
AP \$121

- XS Ignite (1 box)
- XS Muscle Multiplier (1 box)

Individual Products:

- Protein Drink Mix: All Plant (450g/900g), Mixed Berries, Green Tea, Chocolate
- Joint Booster with Protein
- BodyKey Meal Replacement Shake: Berry, Chocolate, Café Latte, Milk Tea* (*limited edition, while stock last)
- Balance Within Probiotic
- Mixed Fiber Powder
- Mixed Fibre Chewable Tablets
- New Advanced Double X Tray / Refill
- Advanced Omega
- Slimmetry
- Mixed Soy Protein & Lecithin with Vitamin E
- Glucose Health
- CB Plus
- XS Ignite Powder
- XS Muscle Multiplier
- CH Balance
- Vitamin B Dual-Action
- Joint Health
- CoEnzyme Q10 Plus
- Lecithin E 270tabs
- New Advanced Daily 90tabs **NEW**
- Metabolic Pre & Postbiotic – **From Oct-24**
- Mixed FOS – **From Oct-24**

- ALP subscription is not counted as part of the BYO list and contributing value.
- Maximum 3 receipts allowed
- Participants are allowed to accumulate purchasing receipts for up to 45 days prior registration. Only receipts dated 01 Sep 2024 & onwards will be eligible.



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Thank You!

To inspire and support people to embark on a healthier, better life is to ignite the spark of transformation within every heart.

