



**Healthier Me**  
A Healthier Tomorrow Starts Today  
Healthy Weight



# Healthier Me

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# Coach Online Training





# Eligibility Criteria

## Amway Business Owners (ABOs)

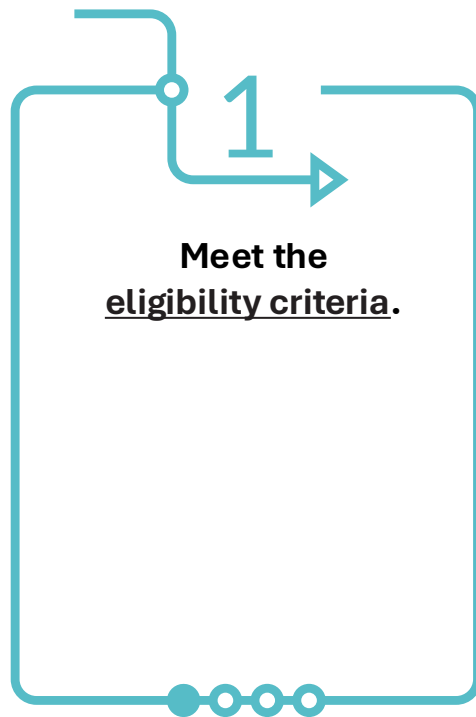
Either ONE (1) of the below:

- ▶ 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. (Only SKU 322261, 322263, or 322282 are accepted)

# Steps to Become a Coach

**1**

**Meet the eligibility criteria.**

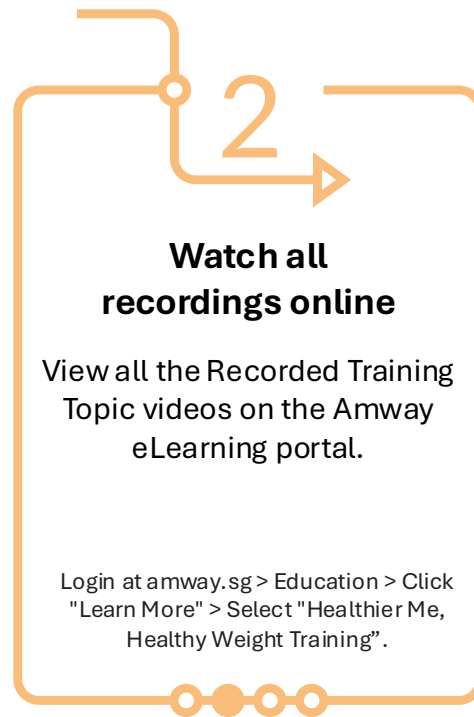


**2**

**Watch all recordings online**

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

Login at [amway.sg](http://amway.sg) > Education > Click "Learn More" > Select "Healthier Me, Healthy Weight Training".

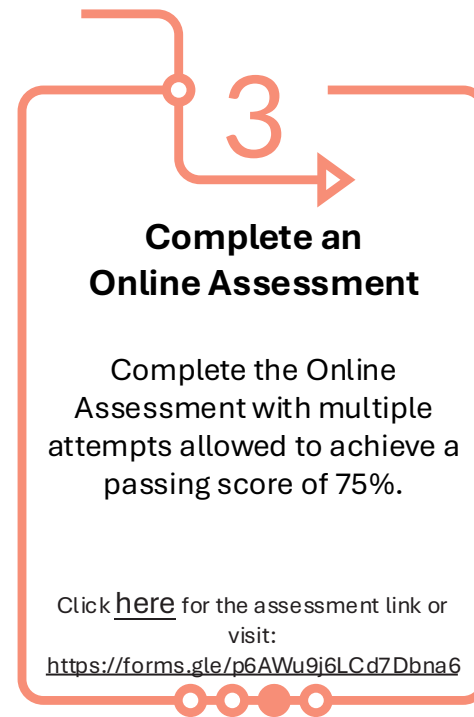


**3**

**Complete an Online Assessment**

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

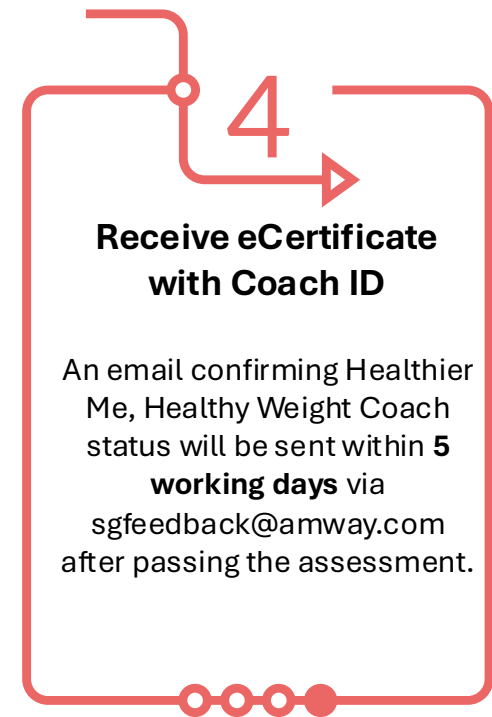
Click [here](#) for the assessment link or visit:  
<https://forms.gle/p6AWu9j6LCd7Dbna6>



**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](mailto:sgfeedback@amway.com) after passing the assessment.



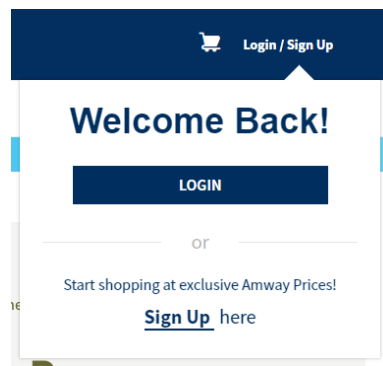


# Logging in to Amway eLearning Portal

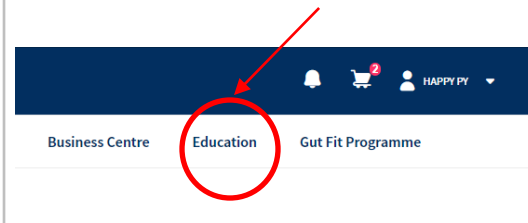
## Step 1: Visit [www.amway.sg](http://www.amway.sg)



## Step 2: Log in to Amway Singapore

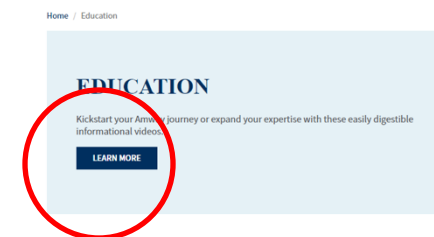


## Step 3: Click on "Education" Tab\*

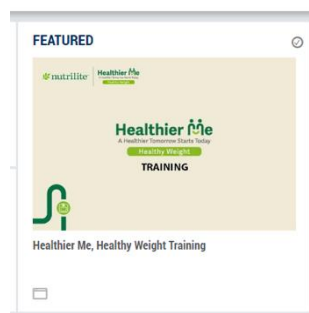


*\*Only applies to Amway SG ABO*

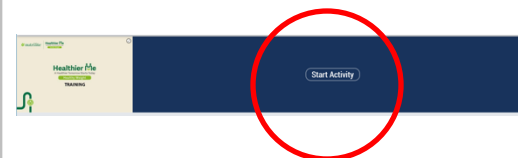
## Step 4: Click "Learn More"



## 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 16 Mar 2025**

Registration Closing: 12 Jan 2025

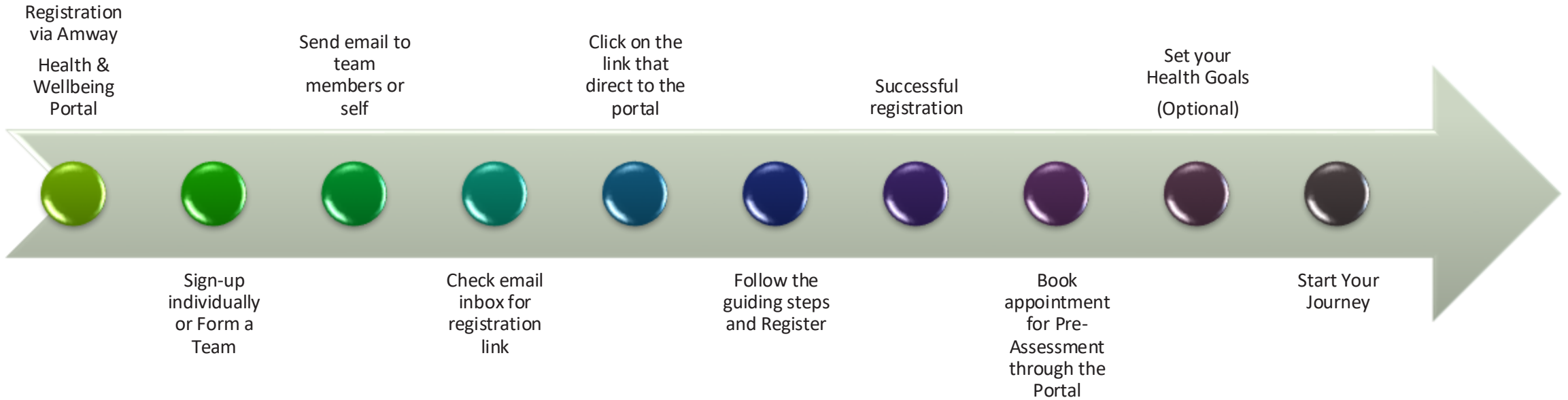




# How to Join?



Period: 10 September 2024 to 16 Mar 2025 (Registration closing: 12 Jan 2025)







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# How to Get Started (User Guides)



Period: 10 September 2024 to 16 Mar 2025 (Registration closing: 12 Jan 2025)



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





# How To Join?



Period: 10 September 2024 to 16 Mar 2025 (Registration closing: 12 Jan 2025)

## 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.



## Review

**Post-Assessment**

**Questionnaire + Inbody Assessment\***

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

**Token of Completion**



**XS Cranberry Grape (6 can pack)**

## 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)

*The criteria and token of achievement are based on a per person basis.*



**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](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 Nutralite & Wellbeing @ Aperia 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 **55<sup>th</sup> day – 60<sup>th</sup> day** from Pre-Assessment date (up to 5 days **before** Post-Assessment due date).

## Period:

10 September 2024 to 16 Mar 2025

(Last day to register for Pre-assessment: 12 Jan 2025)



11.15am – 8.30pm

*\*Last appointment at 8.30pm*

# 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

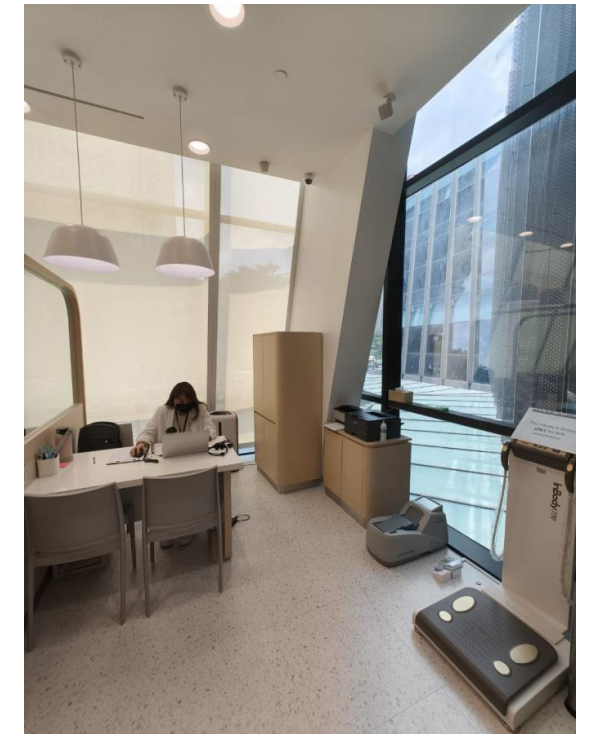
- Provide any form of photo identification for our Consultant's verification

### 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



FREE GIFT

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 Strengthener

- 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.





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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.



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**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



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

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



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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.



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**Healthy Weight Solutions**  
Available from 01 September 2024

# Meal Replacement & Gut Health Pack

SKU: 326231



**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.



## Build Your Own (BYO) Pack

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

### Gut Morning Boosters & Microbiome Metabolic Health

**Gut Morning Boosters**  
**AP \$210 to \$237**  
322261 / 322263 / 322282

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

**Microbiome Metabolic Health Pack**  
**AP \$125**  
326214

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

### Targeted Healthy Weight Solution

**Fat Busters**  
**AP \$257**  
326216

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

**Muscle Strengtheners**  
**AP \$121**  
326217

- 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**

- 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.
- ALP subscription is not counted as part of the BYO list and contributing value.



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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.*

