

## **FAQs for Nutrilite W.O.W program**

### **🍃 Is the InbodyBAND necessary for the Will Over Weight (W.O.W) weight management program?**

No. The InBody band is not necessary, however we would recommend using the band as it allows you to track your calorie intake and activities, set your goals, track your goals, and has many other features that help you in the weight management.

### **🍃 Will the W.O.W program be beneficial without the band?**

Yes. The program would be-beneficial without the band however we would recommend using the band as it allows you to track your calorie intake and activities, set your goals, track your goals, and has many other features that help you in the weight management.

### **🍃 Is it necessary to go through the Nutrilite Health Institute (NHI) assessment?**

Yes. The NHI assessment is designed to evaluate your six lifestyle keys that helps us identify your personalized needs for weight management. It help access your current nutrition state and recommends what changes has to be made in your lifestyle to achieve your goal. The NHI assessment is an integral part of the whole program and we highly recommend going through the assessment and getting your personalized results and diet plans before starting your weight management journey.

### **🍃 Can I take the BodyKey shake more than once a day?**

The diet plans provided as part of W.O.W. program are designed by Shubi Husain. These are recommended as per your caloric needs and calculations. As per your diet plan, you are suggested to take the BodyKey shake only once along with your breakfast in the morning.

### **🍃 Whom should I contact to get my queries answered regarding the diet plan?**

Amway provides online support from the renowned nutritionist Shubi Husain. While following the program if you have any queries, you can simply login to the microsite and post your questions there. Shubi will answer your questions within stipulated time frame. In addition to that, you can also contact our Amway staff at various locations, write us a mail, or call our customer care to get answers to your queries.

### **🍃 Where can I get the Diet Plan?**

The diet plans are recommended as part of NHI report that gets generated after completing NHI assessment, available on W.O.W. microsite and App.

### **🍃 Why the shake in the morning? Why not evening when there is dearth of healthy snacking options?**

As per our food and nutrition expert Ms. Shubi Husain, breakfast is the most important meal of the day. Therefore, we recommend making BodyKey shake a part of your breakfast, because it

helps you in a nutritious start your day and is quick, convenient and yummy way to have it as a part of your breakfast.

 **Can I consume the shake along with my other meals?**

We would recommend making the shake a part of your breakfast as per the diet plan recommended to you.

 **Can I make change in the recommended Diet plan?**

The diet plans have been made by the renowned nutritionist Shubi Husain to ensure that you get proper nutrition while you are on the weight management program. Diet plans are based on calorie calculations done for each cut by Shubi Husain and her team. We would recommend you to follow the diets to ensure that you do not lose on the essential nutrition while being on the weight management program.

 **Is there a way of modifying this diet plan to suit my needs? What is the resource available for same?**

The diet plans have been created for 21 states with a total of 250 diet plans as a base. However, if you would like to substitute any element of the diet plan, you can use the App and Microsite to find the substitute food element. We also have dedicated food database to help you guide around calories in commonly eaten India food items. You can also post your query on our microsite, 'ask the expert' section.

 **What do I do when I travel?**

The BodyKey shake comes in travel size pouches so you can easily carry them while you are travelling. We would recommend that you use the diet while on travel, however if you are unable to find the food items listed on the diet plan while on travel you can substitute those items with other food items with same nutritional value listed on the Microsite and App.

 **If I have another fitness band, can I use that?**

The Nutrilite W.O.W. App is designed to work only with the InBody band so if you are using any other band you would not be able to use the features of the App to its full extent. Therefore, we recommend using the InBody band. Inbody band is the only band that provides body composition analysis.

 **How the diet plans are offered in W.O.W. (Will over Weight) weight management program different from the diet plans available over the Internet?**

As per Nutrilite Health Institute (NHI), there are various factors that may influence weight management. Diet is just one part of it. Although you can get diet plans from the Internet, they may not be personalized as per your weight management needs. In addition to that, you would not be able to address the remaining factors such as stress, sleep, activity, and mindset by simply following the diet plans. Nutrilite Will Over Weight (W.O.W) weight management program is a holistic program that provides you weight management solution based on your assessment and would help you address the six key factors that can influence your weight management.

 **How will the BodyKey shake help during the W.O.W program?**

Controlled caloric intake-can help you with weight management however you may miss the essential nutrients. The BodyKey shake contains 22 vitamins & minerals to help consumers meet their nutritional needs along with a balanced diet during the W.O.W program.

 **Do I need to be technically savvy to take this program?**

The program offers the band and App as an optional component, other than that, the only other technical thing is the assessment which is also available online on the microsite. If you want, Amway staff can help you take the assessment and after you get the personalized report and diet plans, you can take a printout and follow the instructions on your own.

 **Can I simply consume the BodyKey shake to manage my weight?**

The Will Over Weight (W.O.W.) weight management program is designed to work as a whole. The program will help you address all the lifestyle keys that can affect the weight management journey. The BodyKey shake contains 22 vitamins & minerals to help consumers meet their nutritional needs along with a balanced diet during the W.O.W program.

 **How is Will over Weight (W.O.W), a weight management program different?**

The W.O.W program addresses all your lifestyle keys (Sleep, Stress, meal, mindset, meal, diet and physical activity) that help you with your weight management.

 **How will Amway support me during my weight management journey?**

Amway provides online support from the renowned nutritionist Shubi Husain. While following the program if you have any queries, you can simply login to the microsite and post your questions there. Shubi will answer your questions within a stipulated timeframe. In addition to that, you can also contact our Amway staff at various locations, write us a mail, or call our customer care to get answers to your queries.

 **What is the return policy for W.O.W?**

There is a different Return policy framed for Nutrilite W.O.W. bundle. Please contact Amway office staff to know the same.

**Disclaimers:**

'W.O.W.' stands for 'Will Over Weight'

A Weight Management Program

Not for medicinal use

Not a substitute for a balanced diet