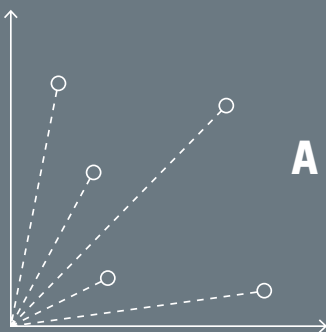
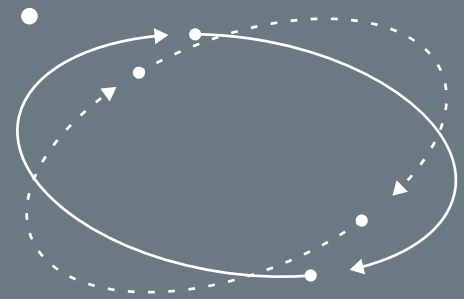


crafted
SUSTAINABLE WELLNESS

Crafted Sustainable Wellness Referral Training Manual



**A COMPLETE GUIDE TO UNDERSTANDING AND SHARING OUR
WEIGHT LOSS PROGRAM EFFECTIVELY.**



Introduction to Crafted Sustainable Wellness

What We Do: Help people achieve sustainable weight loss through the Keychain Method and GLP-1 medications.

Why Our Program Works:

- ✓ **Personalized approach**
- ✓ **Science-backed GLP-1 medications**
- ✓ **Keychain Method for long-term weight management**
- ✓ **Fully remote - no in-office visits required**

How Referrers Help: You connect people to a proven, life-changing program and earn rewards in the process.

What Weight Loss Actually Is

- Healthy, sustainable weight loss occurs at a rate of 0.5–2 pounds per week.
- That’s about 2–8 pounds per month—a pace that allows for long-term success.
- Rapid weight loss often leads to muscle loss, metabolic slowdowns, and weight regain, which is why our approach prioritizes steady, lasting progress.

Understanding the Crafted Wellness Weight Loss Program

The Keychain Method: A Science-Backed Approach

The Keychain Method was developed after reviewing extensive research on two groups of people:

- 1 Those who lost weight and kept it off
- 2 Those who lost weight but regained it

By analyzing recurring themes across studies, we identified key factors that contributed to long-term success. These were broken down into **keys**—individual strategies that are proven to support sustainable weight loss.

How It Works:

Each week participants do **three** things.

1. Take a small painless injection
2. Pick one key to commit to for just one week
3. Respond to the weekly questions via text

The program is flexible—participants can revisit keys they've used before or select a new one each week.

GLP-1 Medications: The Science Behind It

*What are GLP-1s? Medications like **Semaglutide** (meds like Ozempic/Wegovy) and **Tirzepatide** (meds like Zepbound and Mounjaro) that help control hunger and regulate blood sugar.*

How They Work in the Body:

- ✓ Slow stomach emptying (feel full longer)
- ✓ Stabilize blood sugar (reduce cravings and energy crashes)
- ✓ Work with leptin (increase satiety)
- ✓ Influence brain receptors (reduce food noise)

- **Why We Use Them:** These medications are clinically proven to support significant, sustainable weight loss when paired with the Keychain Method.
- **Side Effect Management:** All side effect management, including nausea relief, constipation solutions, and dosing adjustments, are included in the program. The most common side effects are constipation, nausea and vomiting. Drinking water really helps lessen these side effects.

Program Structure: What Participants Can Expect

- 1 Sign Up Online – Quick and easy digital enrollment. Go to <https://www.mycraftedwellness.com/schedule> to sign up a new patient.**
- 2 Create a Patient Portal – Manage everything in one place.**
- 3 Receive Weekly GLP-1 Injections – Shipped straight to their home.**
- 4 Choose a Weekly Key – Small, sustainable steps toward a healthier lifestyle.**
- 5 Regular Check-Ins with a Weight Loss Concierge – Personalized support for long-term success.**

The 12 Keys (Proven Strategies for Success)

- Get More Exercise – Increase daily movement.
- Intentional Eating – Practice mindful eating.
- Set Your Scene – Create a supportive environment.
- Meditate – Reduce stress and improve focus.
- Daily Body Check-In – Stay aware of body changes.
- Handle Up – Tackle life obstacles before they derail progress.
- 64 Ounces – Drink at least 64 oz of water daily.
- Intermittent Fasting – Incorporate fasting for metabolic benefits.
- Get More Sleep – Prioritize rest for better health.
- Get Your Steps – Aim for daily movement goals.
- No Sugary Beverages – Cut out added sugar in drinks.
- Log Your Food – Track intake for accountability.

Common questions:

Is this a diet? No. Its a sustainable weight loss solution?

What are the most common side effects? Nausea, vomiting and constipation. They are well managed with good hydration, miralax and ondansetron.

Will I see a provider? Yes! GLP-1s are prescription medications and should be only given by a provider. At your first visit you will meet with the nurse practitioner, and a nurse will monitor you the whole time you are on the program.

Do I have to go to the office? No! Our program is set up through shipping, texting and occasional phone calls, no need to go into a clinic.

The Referral Process:

How You Earn

How the Referral Program Works

- \$50 when your referral signs up
- \$50 every month they stay in the program

How to Make a Referral

1. Share the program – Use your personal experience and testimonials.
2. Help them get started – Direct them to www.mycraftedwellness.com/schedule.
3. Guide them to book the correct appointment – Tell them to schedule a new appointment in the patient port under New Patient Weight Loss Telehealth.
4. Encourage sign-up & follow-through – Support them as they get started. Our Provider, nursing and ancillary staff are all here to support you while you help them.

Tracking & Payments

- You'll receive \$50 when the patient enrolls.
- You'll continue to receive \$50/month as long as they stay in the program.
- Payments are processed monthly.

How to get started:

Fill out Business Agreement, Tax Form and W-9

Text 830-431-3357 to schedule an initial 30 minute training session