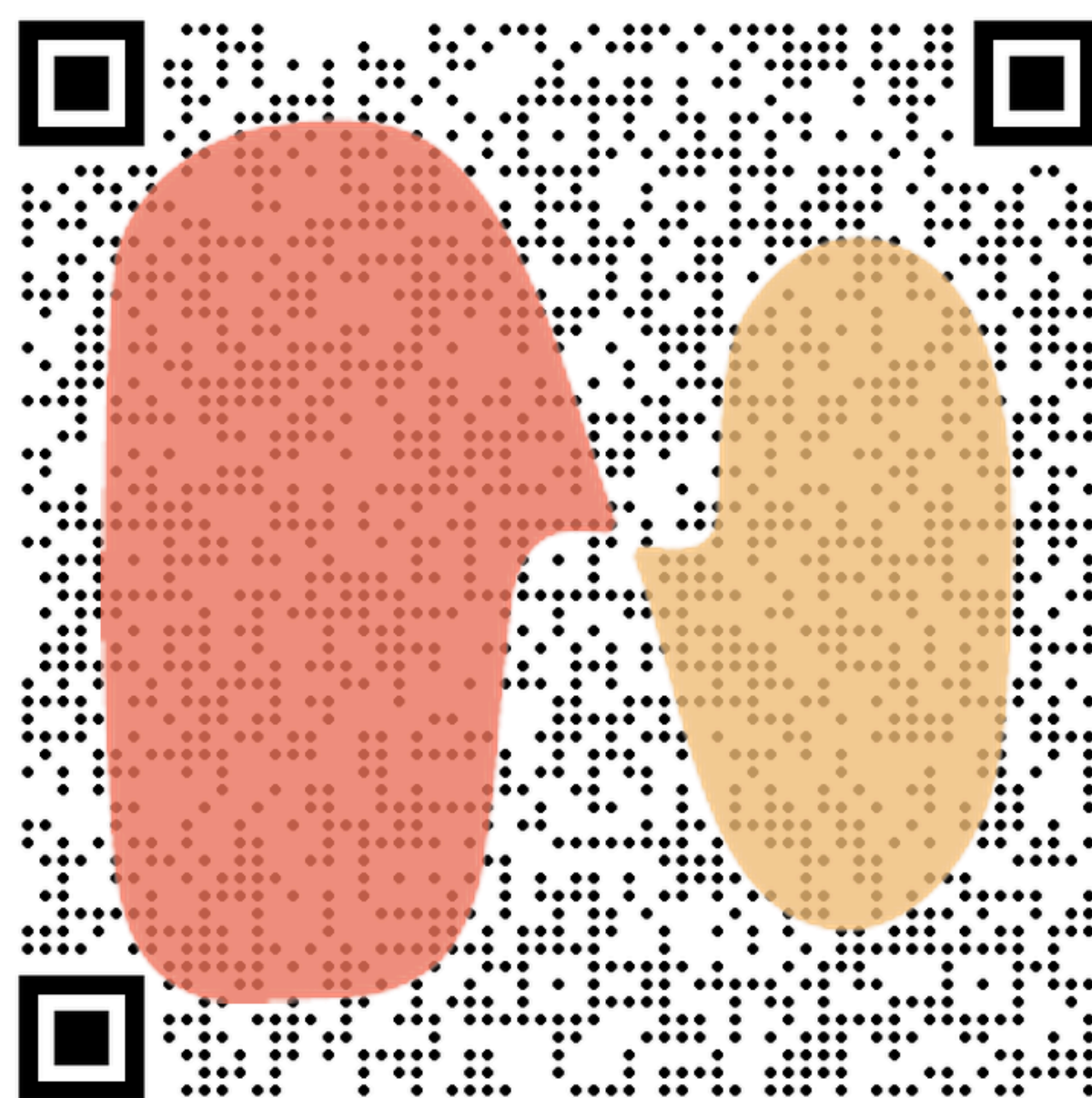


**REAL-TIME SUPPORT BETWEEN APPOINTMENTS**

# **MEET NYMBLE**

**YOUR TRUSTED WEIGHT COMPANION**



**SCAN HERE TO ENROL ✨**

## **WHAT IS NYMBLE?**

**A companion trained by world-leading obesity experts to support you on your weight management journey.**

**No apps. No logins.  
Just a contact on your phone.**

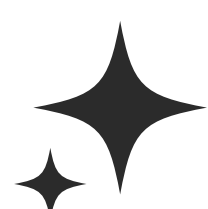
**Private, judgment-free, and  
always available**

## **HOW DO I START?**

**1. Scan the QR code and send the pre-populated text to nymble.**

**2. You'll receive a welcome message from nymble. You must agree to the terms of service by typing 'I agree'.**

**3. That's it! Ask nymble a question.**



**Ask nymble anything about weight management.**

**NYMBLE.HEALTH/FOR-INDIVIDUALS**