



WELCOME NEW CLIENT EMAIL (EXAMPLE)

Hi [enter Client's name],

Welcome to **OPTAVIA**! Congratulations on your decision to join our **OPTAVIA** Community and begin your journey to create a healthy lifestyle.

Your independent **OPTAVIA** Coach is looking forward to partnering with you on your journey to lifelong transformation. Your first order should arrive in a few days! You will be working on your healthy body and your healthy mindset, as you begin to learn the microHabits of Health to transform your health and life! Read below or [click here](#) to get prepared for your journey.

Let's Start Working on Your Healthy Mindset!

- Dr. A's short and easy-to-read e-Book, [STOP CHALLENGE. CHOOSE.](#), will help you start to set that healthy mindset. We recommend that you read this before your order arrives.
- Optimal health is more than just arriving to a healthy weight. You can take a free and easy [Wellbeing Evaluation](#). When you are finished, email a copy to your Coach. The evaluation targets the three key areas of health: Physical, Mental and Financial.*
- Let your family know you are starting your health journey. It's so helpful to have their support, and your decision to get healthy may inspire them too! Many of our Clients help family and friends also to join our Community. They will be able to get healthy with you, and offer you an amazing support system! Simply call your Coach with your family/friend's contact information or send a group text or email to begin the connection process.

Let's Get Ready for Your Optimal Health Plan!

- Your account is setup! Your next step is to reset your password. Remember that a new password must be a minimum of 8 characters and must include at least (1) upper case letter, (1) lower case letter, (1) numeric character and (1) special character (i.e. # \$ @ !). For instructions on how to reset your password, refer to this [CLIENT ANSWERS](#) article for instructions. Then, save your username and password, as you will need it next month to adjust your future **OPTAVIA** Premier or on-demand order.
- Please find or take a "before" picture of yourself. Send that to your Coach so that they can follow and celebrate your success! You may use this picture down the road if you decide to inspire others and become an independent **OPTAVIA** Coach, or to simply remember where you started.
- Do you have a scale (preferably digital) to weigh yourself? You may also take measurements of your chest, waist, upper arms and thighs. This will be another great way to see your progress!
- Do you have a food scale to weigh your protein? You may want to use this valuable tool to ensure that you're getting just the right amount.
- Be sure to read through the [OPTAVIA Guide](#). Write down any questions that you have. There is no need to print it. You will get a hard copy with your first order. There is a [Condiment List](#) and a [Vegetarian Information Sheet](#) to help you with meal planning. These resources are helpful to download and/or print.



Let's Kick-off Your Journey!

We know you can't wait to get started! So here are your next steps:

- Once your order arrives, be sure to let your Coach know so you can schedule your Journey Kick-off call. It's time to partner with your Coach to get off to a successful start! Grab your [OPTAVIA Guide](#) as this is the first tool you'll be using
- Watch the [Journey Kick-off Video](#) to help you prepare to get started. Jot down your questions and plan to partner with your Coach. Call or text your Coach as soon as you have watched the video and are ready to start.

You have your **WHY**, your goals, your plan, and your Coach! Now get ready to begin your lifelong transformation. Partner with your Coach and our Community as you become the best version of you!

The **OPTAVIA** Team

***OPTAVIA** makes no guarantee of financial success. Success with **OPTAVIA** results from successful sales efforts, which require hard work, diligence, skill, persistence, competence and leadership. Please see the **OPTAVIA** Income Disclosure Statement (<http://bit.ly/idsOPTAVIA>) for statistics on actual earnings of Coaches under the U.S Compensation Plan, which differs from the International Compensation Plan.