



## 360 Health Precision Coaching

Wendy is an Endorsed Level One Health Coach licensed to undertake 360 Health Precision Alliance assessments to determine Health Type and personalised health profile. Following assessment, a digital platform application provides clients with access to their customised profile covering recommendations for fitness activities, diet, lifestyle, environment and workplace adjustments to enable clients to achieve peak performance in all areas.

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### What You Do

From the comfort of your own home, you complete the 30-minute ph360 online questionnaire and you're ready to go!

With support from Wendy you'll gain access to your ph360 account, undertake your measurements and complete your online health survey! Your personalized health plan awaits - 24/7.

Wendy will then provide you with customised assistance to enable you to find your way around the Health Platform as well as providing you with coaching support to set and achieve your goals in all areas of your life. Then, as you use ph360 in daily life and notice your body changing, update your measurements and answers for up-to-the-minute health and wellbeing advice at your fingertips.

### How It Works

Your current health status and your natural tendencies are calculated from your ph360 questionnaire.

This information is then matched to the perfect ways for your body to be in optimal health, using sciences such as Endocrinology, Anthropometry, Nutrigenomics, Microbiology, Ayurvedic and Traditional Chinese Medicines. All 6 areas of your epigenetics are addressed: Food, Fitness, Mind, Social, Place and Talents.

Your results are then displayed in the simple, user-friendly ph360 platform for you to access at any time and take control of your health.

## **What You Get**

### ***Unrivalled Personalization***

Personalized health and wellness advice that is relevant to you - right now! There isn't any other way to ensure that you know exactly what your body needs to be healthy and happy.

### ***Connect 24/7***

Connect to your ph360 online with any computer or smart device at whatever time suits you. Download the mobile app Shae to take it all with you on the go. With unlimited updates, it's almost like having a team of health professionals in your pocket.

### ***Supportive Community***

Receive personalised coaching through Wendy to help you set and achieve your goals over time. Join a supportive ph360 community through private social media and in-house groups and forums, events, coaching, retreats and so much more!

Explore [www.ph360.me/science](http://www.ph360.me/science) to find out more about how it all works!