

Ready for a solution that helps your kids and teens eat healthier, move more, and feel great?



Your healthcare provider thinks Kurbo can be useful.

Kurbo is a 12-week, mobile-based coaching program that teaches healthy habits and helps kids and teens (ages 8 to 17) reach a healthier weight.

Kids and teens get to pick what they eat using the traffic light system—a green, yellow, red approach to food adapted from Stanford University and backed by 30 years of research—which guides them toward balanced, healthier food choices.

Kurbo coaches, who are trained experts in health and behavior change, meet with kids and teens weekly 1:1 via video chat, and motivate and help them to build the skills they need to succeed.

The app lets them track their progress, chat with their coach, and play interactive games to encourage learning in a fun, engaging way.

Parents receive weekly updates from their child's coach about progress. But they can choose how involved they want to be, and many kids meet with their coaches just one-on-one.

Research has shown that kids and teens stick with Kurbo^{1,2}:

over
80%
completed
their
program



84%
improved their
BMI (Body Mass
Index) status



“
Today I feel like I could run a million laps. I feel so much happier and energetic. I feel like I could do anything! I love Coach Monica. It was a lot of fun to learn about all the food groups, the Reds, Yellows, and Greens. She helped me so much.” **JULIANNA, 11***

*Weight loss and/or BMI reduction will vary by age, weight, and height.

Best of all, with this recommendation from your healthcare provider, you will receive 20% off of a 3-month membership[^]. Use promo code **Provider20 when signing up at **kurbo.com**. Please visit our website for more information.**

kurbo by

1 Cueto V, Wang CJ, Sanders LM. Impact of a mobile app-based health coaching and behavior change program on participant engagement and weight status of overweight and obese children: retrospective cohort study. JMIR Mhealth Uhealth 2019;7(11):e14458

2 Improvement was seen in percentage above the 95th BMI percentile status. Result from an independent analysis by Alexandra Hanlon, PhD, Director, Center for Biostatistics and Health Data Science and Professor of Practice at Virginia Tech of the data set from Cueto V, Wang CJ, Sanders LM. Impact of a mobile app-based health coaching and behavior change program on participant engagement and weight status of overweight and obese children: retrospective cohort study. JMIR Mhealth Uhealth 2019;7(11):e14458

[^]After your initial 3-month plan period, your subscription will be automatically renewed each month at the standard monthly fee until you cancel.