

FAQ

Comprehensive weight care, now available as a new employee benefit

1. What is the Found?

Found is one of the largest telehealth weight care providers in the U.S. having served over 250K members since 2019.

Through programs that fit your population's lifestyle, Found helps members achieve sustainable health outcomes through expert-designed, evidence-based care. Found-affiliated obesity medicine providers deliver tailored, judgment-free treatment to members, helping them regain control of their health journey.

2. What is Found Wellness?

This is a behavior change program that supports weight loss through 1:1 access to certified health coaches, lifestyle interventions, nutritional guidance & educational content.

3. What's included in this program?

- 1:1 access to certified health coaches who provide lifestyle interventions
- AI-powered tools for nutritional guidance
- Behavior change tools & interactive content
- In-app member community
- Goal tracking features
- Weekly challenges that promote behavior change

4. How much will Found cost?

Found is offered at preferred Sequoia pricing. Individuals who enroll will receive access to either of the Found programs at no cost to them.



Coach Abby

"Hi Tom, it's the start of a new week. Let's talk about what your goals are over the next few days!"



Aimee

"Let's take a look at your latest meal, Tom! I'm here to help you make sure you're on track with your nutritional goals."

Log a habit



Movement



Hydration



Sleep



Mood

