



### Firm address

Our company has finally got its own premises. The address is Kalundborgvej 114, 4300 Holbæk.

### New colleagues

Rikke is no longer the only employee 😊 I now have two nice colleagues: Dorte Jensen, secretary and Simone Zabell, dietitian. The latter is in the process of being trained in all our treatment principles and will also be available as a teacher on our seminars in the future.

### Seminars for Healthcare Professionals

We continue to train healthcare professionals in treating obesity in children, young people, and adults. You can always see new seminar dates on the website <https://www.jenschristianholm.dk/uk/our-products/seminars-for-healthcare-professionals.aspx> but you are also welcome to contact me by email or phone if you want more information about the seminars.

### Courses for private individuals

Last year we started offering courses for private individuals: people with overweight and their relatives. The course is organized in one day. Attendees are trained in their own illness and gain insight into the recommendations and guidelines we use in the treatment as well as a subscription to DrHolmApp.dk. There have been many touching moments on these courses and great feedback and evaluations from the participants.

### DrHolmApp.dk

Last year, we started developing DrHolmApp.dk, which is built on the HOLBAEK model. It has been exciting, challenging, and difficult work and have resulted in us being able to "go live" with DrHolmApp.dk on 21 December 2017. In fact, it is NOT an app, but a website that works in the same way as an app. You cannot find it in the AppStore or Google Play, but online: [www.drholmapp.dk](http://www.drholmapp.dk)  
In DrHolmApp.dk, the user is asked the questions according to the preliminary investigation. When the user has answered the questions, DrHolmApp.dk constructs a comprehensive and accurate treatment plan. The user





can then have a "consultation" every 14 days and get a customized treatment plan accordingly. In addition to the plan, the user also has access to a large library, where there are explanations for, among other things, our recommendations, insights, experiences, leptin etc. The library contains both text and videos. DrHolmApp.dk also has other functions – including a diary, shopping guide, suggestions for physical activity, healthy recipes and much more. It has been a remarkable success. We have evaluated the users' answers regarding weight development and the result consistently shows that 74% of the users diminish their degree of obesity!

Before long, DrHolmApp.dk will also come in a healthcare professional-version, where we combine consultations with health nurses, dietitians, etc. with the use of DrHolmApp.dk. The healthcare professional asks the questions and ticks off the answers in DrHolmApp.dk, after which a tailored treatment plan is drawn up. Between consultations, the patient has continuous access to DrHolmApp.dk incl. treatment plan, library, etc.

In the healthcare professional-version, the healthcare professional also has access to the treatment plan, library, etc. as well as with space for notes for the healthcare professional (not the patient), so that it can function as an electronic journal.

We are very excited to see how it goes and believe that we can reduce time consumption as well as optimize and improve treatment through the use of DrHolmApp.dk to the delight of both healthcare professionals and patients. If you want to know more, feel free to contact us by email [contact@drholmcourses.com](mailto:contact@drholmcourses.com)

### **Private consultations**

Based on increasing demand, we have started a private clinic - Dr Holm Klinikken. In the clinic, we primarily see adults, but children and young people are also welcome. Right now, the treatment is user-paid. The hope is that one day we can be covered by the health insurance. But unfortunately, there is still a long way to go before we get that far.

### **Books**

Jens-Christian has published two books on obesity; *Det bedste for barnet* and *Vægttab der holder hele livet*.

*Det bedste for barnet* is a theory book for healthcare professionals who have attended the educational seminars and treat children, young people, and adults with obesity. Here you will find details and much of what has been reviewed on the seminars. Although the title refers to children, the theory and method are the



similar regardless of whether you are a child, young person or adult. [https://www.saxo.com/dk/det-bedste-for-barnet\\_jens-christian-holm\\_haefdet\\_9788740034257](https://www.saxo.com/dk/det-bedste-for-barnet_jens-christian-holm_haefdet_9788740034257)

*Vægttab der holder hele livet* is written directly for the user who wants help to gain knowledge on how to reduce the degree of obesity and the HOLBAEK model. [https://www.saxo.com/dk/vaegttab-der-holder-hele-livet\\_jens-christian-holm\\_indbundet\\_9788702250121](https://www.saxo.com/dk/vaegttab-der-holder-hele-livet_jens-christian-holm_indbundet_9788702250121)

### Contact

You still have the opportunity to contact us if there are any pressing questions. Either in the network group on Facebook, by mail or by telephone. You can find all our contact information on the website <https://www.jenschristianholm.dk/uk/contact.aspx>