



Dr Holm Health

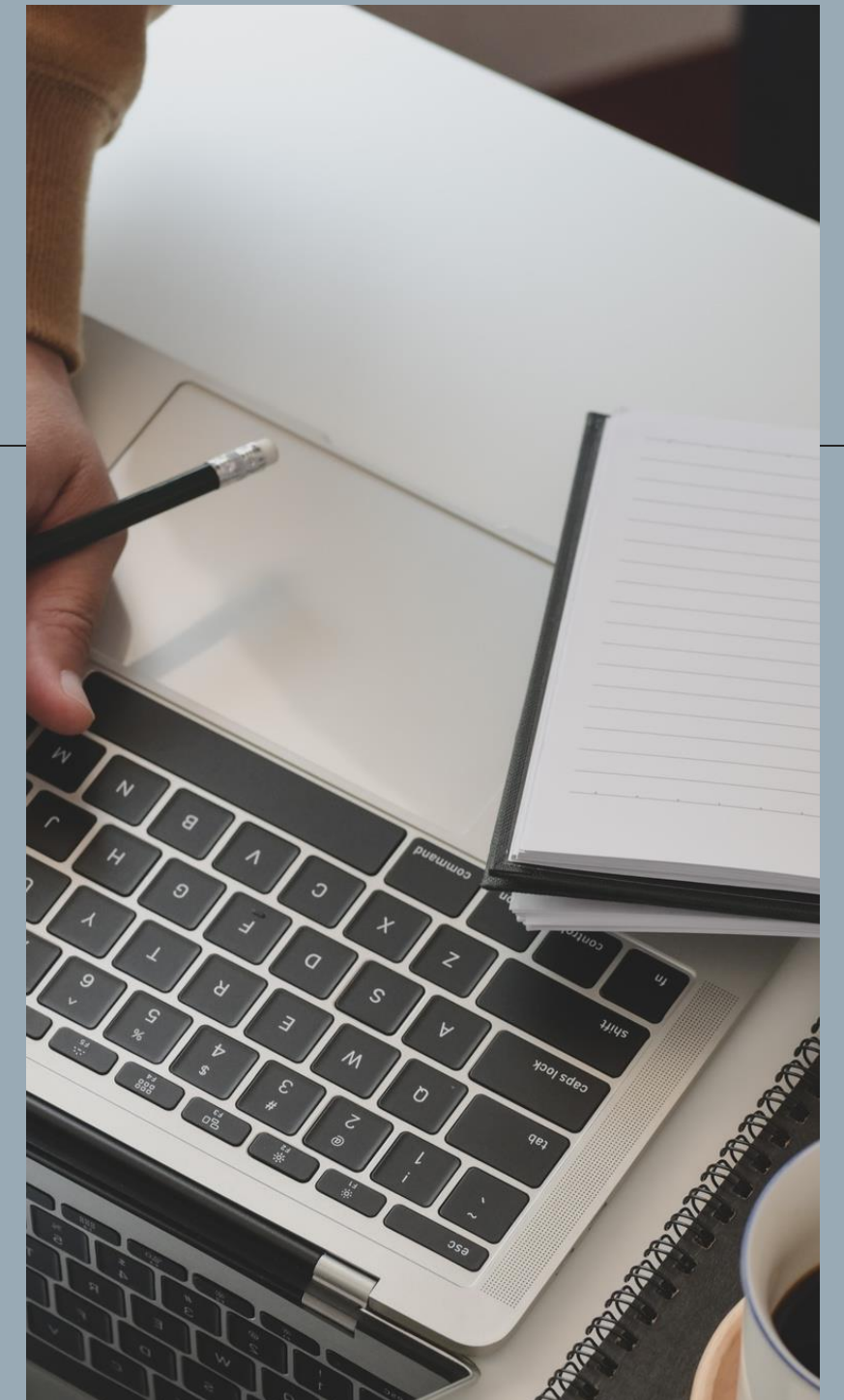
Leading the way

Obesity Management



Complete solutions for

- Training, education and supervision
- Healthcare professional obesity treatment systems
- Tele medicine
- Online DIY individual obesity treatment
- Any combination of the above
- Scalable solutions; can accommodate high numbers of patients





Evidence-based solutions

- The Dr Holm obesity treatment method has treated more than 10,000 patients since 2007
- The Children`s Obesity Clinic, established by Dr Holm, is a EASO certified European Centre of Obesity Management (COM)
- The Danish Childhood Obesity Biobank, established by Dr Holm, has produced more than 120 scientific articles, including in high-ranking journals ([available here](#))
- Treatment results published in more than 35 scientific, international, peer-reviewed articles ([available here](#))
- High rates of reductions in weight and related complications



Weight loss in 65-85 % of patients and...

Reductions of:

- High blood pressure*
- High blood cholesterol*
- Liver fat*
- Obstructive sleep apnea*
- Appetite*
- Bullying*

Improvements of:

- Quality of life*
- Mood*
- Body image perception*
- Wish for weight loss*

...independent of social class, degree of obesity at treatment start, disturbed eating, and genetic obesity risk scores; and at a low cost





Healthcare professional obesity treatment

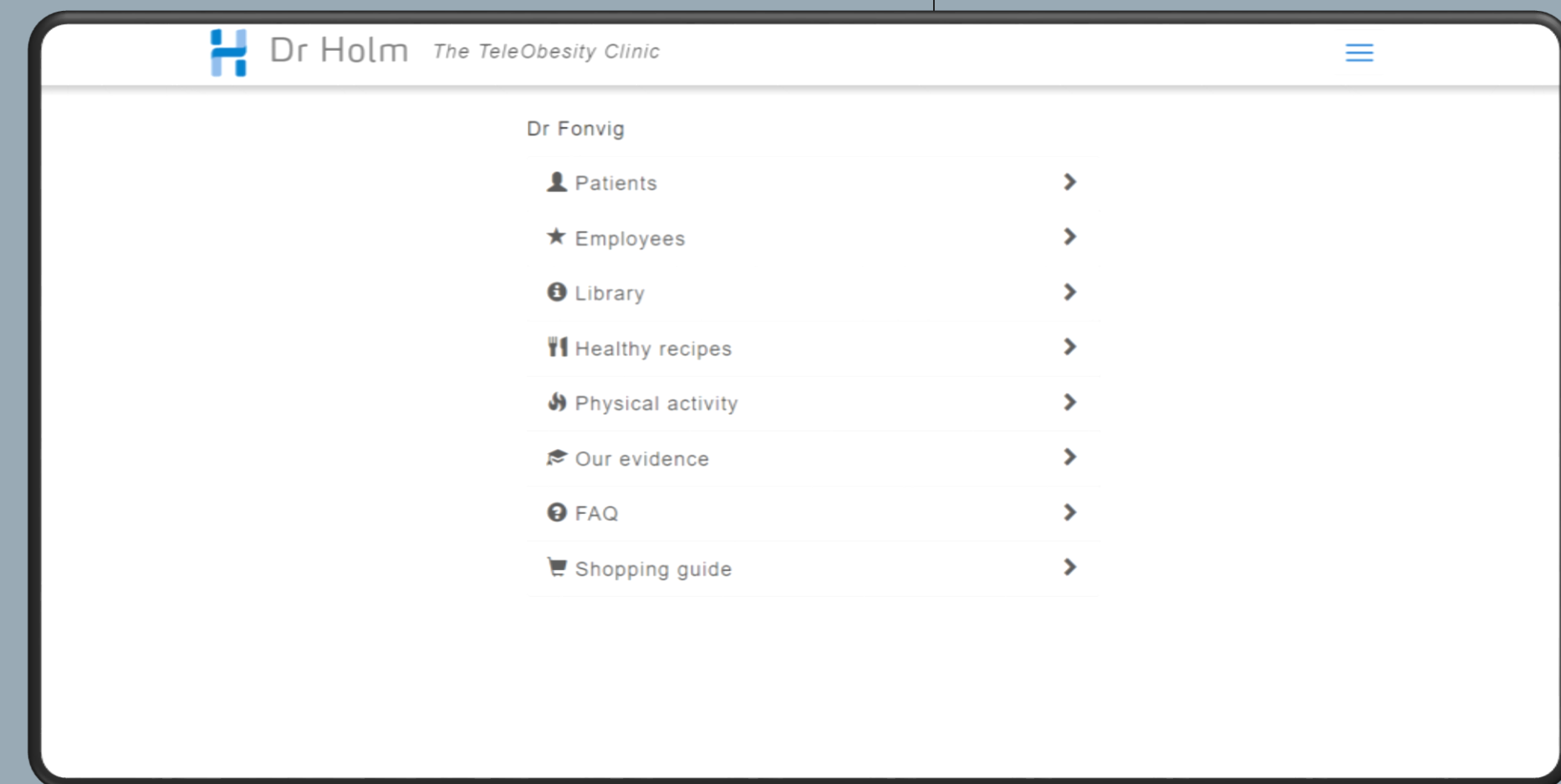
- By trained healthcare professionals (your own or our staff)
- Provides tailor-made, efficient, and professional treatment
- The Obesity Treatment Tool Pro

- Makes workflow easier
- Saves time for the healthcare professionals
- Has build-in quality assurance
- Includes online support
- Easy evaluations

- Courses

- Dr Holm Health competence develop healthcare professionals at obesity educational seminars

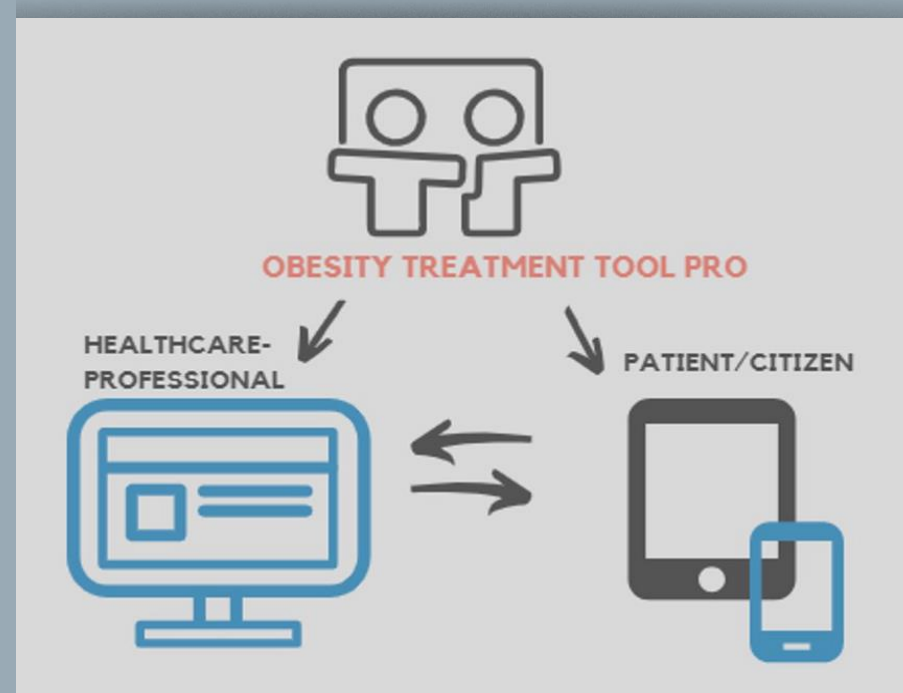
- See more at www.jenschristianholm.dk/uk





Tele medicine

The Obesity Treatment Tool Pro:

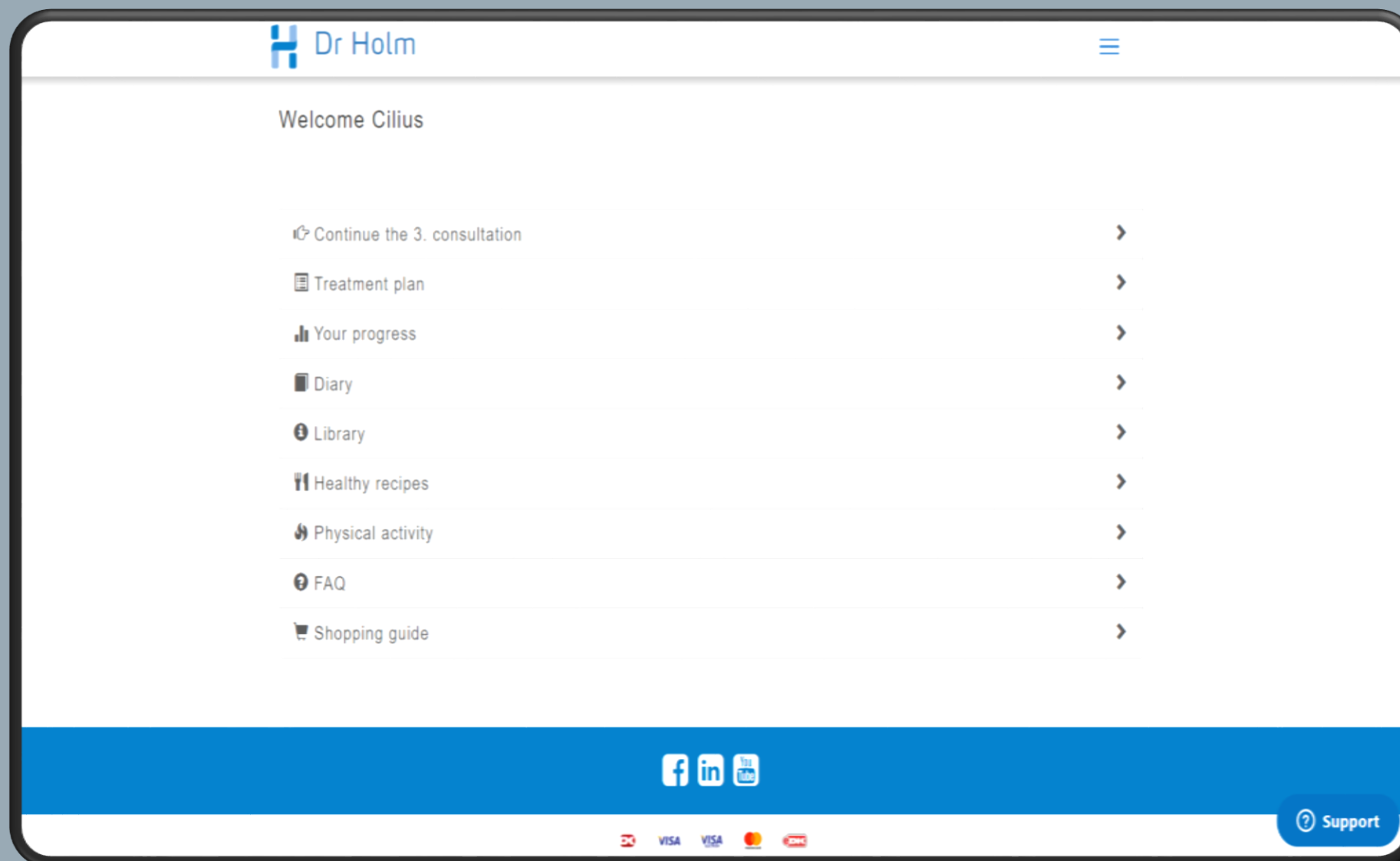


- Video/telephone consultations
- App platform for the patient
- Ongoing patient treatment - also after clinic based consultations
- Extensive obesity-educational library
- Healthy recipes and shopping guide
- Inspiration for physical activity
- Evaluation of treatment results



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Online DIY private obesity treatment



72 % of patients achieve
weight loss by do-it-
yourself treatment

- Add-on effect when combining the online treatment with healthcare professionals

Improves:

- Physical activity
- Quality of life
- Mood
- Appetite
- Bullying
- Wish for weight loss
- Body image perception



Founder and creator of the Dr Holm method

Dr. Jens-Christian Holm

- MD, PhD, Consultant Pediatrician, Associate Professor, Initiated The Children's Obesity Clinic, Accredited European Centre of Obesity Management and The Danish Childhood Obesity Biobank. Head of The Childhood Obesity Task Force/EASO. Global advisories.
- Initiated and generated more than 120 obesity-related scientific publications ([see all](#))
- Developed the Dr Holm method and the training and education for patients and healthcare professionals, as well as digital solutions for patients and institution in 4 languages
- International attention at scientific conferences and disseminated internationally, exemplified by broadcasts in BBC World Health Check in 2014 and BBC World News in 2020
- CEO of the companies Dr Holm Health ApS, Dr Holm App ApS and Dr Holm



Co-founder of Dr Holm Health

Cilius Esmann Fonvig, MD, PhD

- Developed the algorithms in the Obesity Treatment Tool Pro and the DrHolmApp
- Postdoctoral researcher at the University of Copenhagen
- Obesity treatment experience since 2009
- PhD degree in childhood obesity and non-alcoholic fatty liver disease
- More than 35 scientific, international, peer-reviewed publications ([see all](#))
- COO at Dr Holm Health ApS and Dr Holm App ApS





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