ACCESS OPTAVIA SUPPORT CALLS

Click here to access Support Calls via our OPTAVIA Youtube channel or follow the steps below:

Using a smartphone, search “podcast” and choose a podcast player. (See Image 1.1)

- iTunes is a great option for iOS users.
- Podcast addict is another great option.

1. Once you have selected a podcast player, search “OPTAVIA” You will see both Support Call options: (See Image 1.2)
   - OPTAVIA Client Support Call
   - OPTAVIA Habits of Health

2. Click “Subscribe” which will allow each one to appear in “My Podcast.” (See Image 1.3)

3. Click “My Podcasts” to see individual episodes. (See Image 1.4)

4. You can share individual episodes (click on the 3 dots in iTunes) with Client and OPTAVIA Coaches easily, too. (See Image 1.3)
Search

OPTAVIA® Habits of Health...

OPTAVIA

SUBSCRIBE

5.0 ★★★★★ Fitness & Nutrition

Listen to the OPTAVIA® Habits of Health Support Call and learn how to create a life of Optimal Health. Hear from our
more

Recent Episodes

FRIDAY

OPTAVIA® Habits of Health - New Years Resolutions

Host Nick Frye shares New Years Resolutions. **The following aud...

DEC 28, 2017

OPTAVIA® Habits of Health - Sleep

Hosts Amber & Jared Smithson share Sleep. **The following aud...

DEC 21, 2017

OPTAVIA® Habits of Health - Changing Lanes

Host Craig Blanchette shares Changing Lanes on the Highway...