

文檔資源

- 健康評估指南
- 客戶註冊流程
- 了解 **OPTAVIA Premier**
- 如何更改 Premier 訂單
- 三方對話貼士
- 如何協助新客戶
- 歡迎新客戶的電郵
- 如何在客戶的第一星期旅程中提供支援
- 進行跟進

產品計劃及指引資源

- **OPTAVIA** 「理想體重 5+1 計劃」介紹短片
- **OPTAVIA** 「理想體重 4+2+1 計劃」介紹短片
- 「理想體重 5+1 計劃」簡介
- **OPTAVIA** 指引
- 糖尿計劃指引
- **OPTAVIA** 產品聲稱表
- **OPTAVIA** 開展健康旅程短片
- 開展健康旅程卡
- 5 + 1 計劃客戶貼士
- **OPTAVIA Fuelings** 素食選擇
- 蔬菜換算表
- 亞太區 Lean & Green® 膳食指引 (香港中文版)
- 外出用餐指引 (香港篇)
- Lean & Green® 食譜
- 致醫生的簡介

其他影片資源

- 健康分享會重溫 (廣東話)
- 美國領袖示範如何與客戶進行健康評估 (附中文字幕)
- 美國領袖主講 7 分鐘影片 – 為您的生命作出蛻變 (附中文字幕)

其他中文版本之營養諮詢工具及導師業務支援工具，請瀏覽 Facebook **OPTAVIA HK - Agents of Transformation®** 導師專屬群組內的”文件”部份 (<https://www.facebook.com/groups/AOT.OptaviaHongKong/files/>)。

有關英文版本之營養諮詢工具及導師業務支援工具，請瀏覽 HK Coach Answers 網站內的 Document Library (<https://coachanswers-hk.optavia.com/help/document-library>)。

Document Resources

- Health Assessment with Guidelines
- Client Registration Process
- Understanding **OPTAVIA** Premier
- Guide to modify your Premier Order
- 3-Way Conversation
- How to Get a new Client Started
- New client welcome email
- How to Support Client in their First Week
- Conducting Checking Ins

Program & Guide Resources

- **OPTAVIA** Optimal Weight 5 & 1 Plan® Video
- **OPTAVIA** Optimal Weight 4 & 2 & 1 Plan Video
- **OPTAVIA** Optimal Weight 3 & 3 Plan Video
- Optimal Weight 5 & 1 Plan® An Introduction
- **OPTAVIA** Guide
- Diabetes Guide
- **OPTAVIA** Product Claims Sheet
- **OPTAVIA** Journey Kick-Off Video
- **OPTAVIA** Journey Kick-Off Card
- **OPTAVIA** Client Tip Sheet
- Vegetarian-friendly **OPTAVIA** Fuelings
- Vegetable Conversion Chart
- **OPTAVIA** APAC Lean & Green® Guide
- **OPTAVIA** Dining Out Guide
- Lean & Green® Meal recipes
- Overview for Doctors

Other Video Resources

- Happy Healthy Hour Playback (in Cantonese)
- Heath Assessment role play video demonstrated by US leaders (with Chinese Subtitled)
- 7 Mins Video - Transforming Your Life by US leader (with Chinese Subtitled)

For additional Chinese version of nutrition support tools and Coach business support, please visit the section “File” in Facebook **OPTAVIA** HK - Agents of Transformation® (<https://www.facebook.com/groups/AOT.OptaviaHongKong/files/>)

For addition English version of nutrition support tools and Coach business support, please visit the section “Document Library” in HK Coach Answer (<https://coachanswers-hk.optavia.com/help/document-library>)