

It's hard living with IBD or IBS. We're working to make it a little easier.

Trellus Elevate™ is a clinically proven program that will help you take charge of your health and live life to the fullest. We provide personalized emotional, social, and nutritional support between doctor visits. We are here for you whenever or wherever you need help!



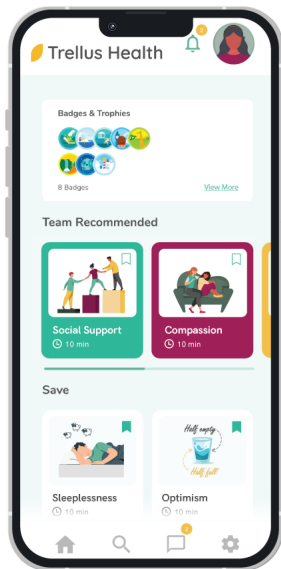
Resilience Training



Personalized Health Playbooks



Nutritional Support



One-On-One Coaching



Health & Wellness Tracking



Education Toolkit



Community

Build your resilience, balance your life.

Living with a chronic illness can challenge your resilience, and you need the confidence to manage your condition. At Trellus Health, we have developed an approach to complement your physician's treatment plan—a scientifically-proven program that will empower you, build your self-confidence, and enhance your quality of life. Our program includes education, skill-building, goal-setting, and, most importantly, personalized support for your body and mind.

Take charge of your health, live life to the fullest!

The information provided on the Trellus Health website, in any communications to Trellus Health users, and in any downloads made available to Trellus Health users is intended to be general health information. Trellus Health users must be 14 years of age or older.

How to Get Started



01

Complete your on-line Elevate Assessment and schedule your Resilience Navigator Virtual Visit



02

Meet with our Resilience Navigator to discuss your results and review your personalized Elevate Roadmap and program details



03

Join the Trellus Elevate™ community and sign in to our digital platform to access your tools and team.



04

Start thriving with Trellus Elevate™

Scan QR code, or Visit trellushealth.com/individuals



Pricing and promotion information is available on the website.