



# Welcome to the Low Carb Program and congratulations on starting your journey towards better health.



You should have now received a voucher code from your health care professional which will give you free access to the Low Carb Program. We'd like to invite you to join a Zoom call with the team at the Low Carb Program to support you in signing up to the Program and getting started.

We hold patient onboarding sessions every week on a Wednesday and a Thursday, you are invited to join which ever one suits your schedule. During these sessions, one of the coaches from the Low Carb Program will be available to help you sign up, get to know some of the key features of the Program and answer any initial questions you may have.

To join the session you will need to go to [zoom.us](https://zoom.us) and add in the following meeting IDs and passwords.

Every Wednesday 11.30 am. To join click [here](#).  
**Meeting ID:** 833 2613 3778 | **Passcode:** 381223

Every Thursday at 6pm. To join click [here](#).  
**Meeting ID:** 894 4123 3970 | **Passcode:** 261560



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