

Lisa Kusch - Numasomatics

Meet my metabolic expert call

📌 Purpose of the call:

- Meet your Account Manager
- Answer any potential questions

📌 What we will discuss:

- Tests & reports types
- Services you can offer to your customers
- Your GROW package
- Next steps now that you joined the PNOË Grow family

Account manager

🔗 Your dedicated Metabolic Expert

The Account Manager will analyze the tests that you perform and conduct the consultation calls with your consumers.

🔗 Your primary point of contact

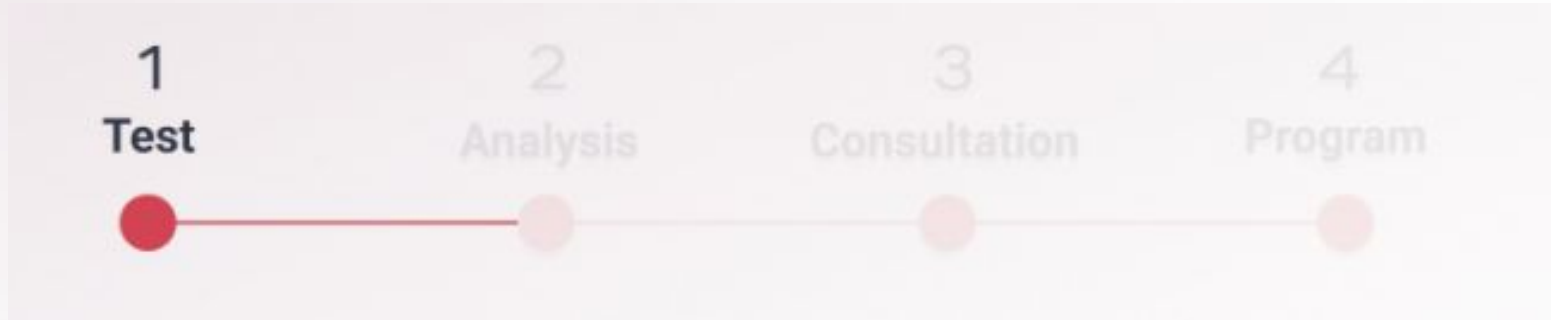
The Account Manager will make sure to prioritize your requests, contact the appropriate departments and get back to you with any information necessary.



Your Metabolic Expert

I am a sport and exercise scientist with an extensive international background, having lived and worked in Italy, U.K., Netherlands, Finland, Ghana, USA, Peru and Argentina. My professional background is in sports performance testing and strength and conditioning within the world of professional football. My driving passion is the pursuit of elite performance through the use of data and sport science. My academic background includes a Bachelor's Degree and a Master's Degree in Sport, Exercise and Health Sciences from the University of Birmingham. My studies focused on exercise physiology, sports psychology, sports nutrition, biomechanics and sports neuroscience. I had the opportunity of working within a research group investigating the neuropathophysiology of impulsive behavior and published my own paper within the field of sports neuroscience shortly after. My paper looked into the neural adaptations linked to motor skill acquisition and retention. My background, alongside my PNOE training, has led me to become a part of PNOE's Metabolic Experts team.

Step 1: Conducting a measurement



Pre-test prerequisites

- °P Fasted except from plain water for at least 3 hours prior to testing (RMR test only)
- °P No caffeine, tobacco or stimulating drinks for at least 3 hours prior to testing
- °P Avoid intense exercise or any exercise of more than 1 hour 24h prior to testing
- °P The resting test can be conducted any time of the day, however the retest should be conducted the same time of the day as the initial assessment
- °P Continue medications as usual
- °P Arrive at least 10 min prior to the test so you can be relaxed before the test

THE PNOË RMR ASSESSMENT



PNOË RMR report

- ⌘ Metabolic Rate
- ⌘ Fat Burning Efficiency
- ⌘ Metabolic Fitness
- ⌘ Heart Fitness
- ⌘ Lung Fitness
- ⌘ Breathing & Cognition
- ⌘ Breathing & Posture
- ⌘ Metabolic Dysfunction Risk
- ⌘ Caloric Balance
- ⌘ Caloric & macronutrient breakdown recommendations

Report type

[Performance](#)

[Weight management](#)

[Longevity](#)

*Please note the reports are password protected

You can view them through the [platform](#) through Customers → Customer reports

A woman with dark skin and curly hair tied back is wearing a blue PNO2 AMR assessment mask and headgear. She is standing in a gym, with a brick wall and a piece of exercise equipment visible in the background. The text "THE PNO2 AMR ASSESSMENT" is overlaid in white, bold, sans-serif font across the center of the image.

THE PNO₂ AMR ASSESSMENT

PNOË AMR report

- ⌚ Biological Age
- ⌚ Aerobic Capacity
- ⌚ Cardiovascular Fitness
- ⌚ Fat Burning Efficiency
- ⌚ Metabolic Rate
- ⌚ Recovery Capacity
- ⌚ Breathing & Cognition
- ⌚ Breathing & Stability
- ⌚ Workout recommendations
- ⌚ Training zones

Report type

[Longevity](#)

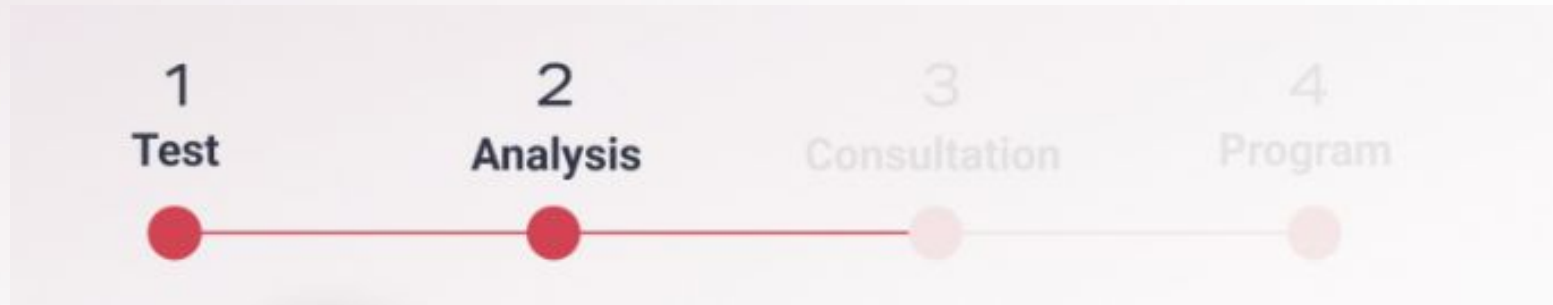
[Weight management](#)

[Performance](#)

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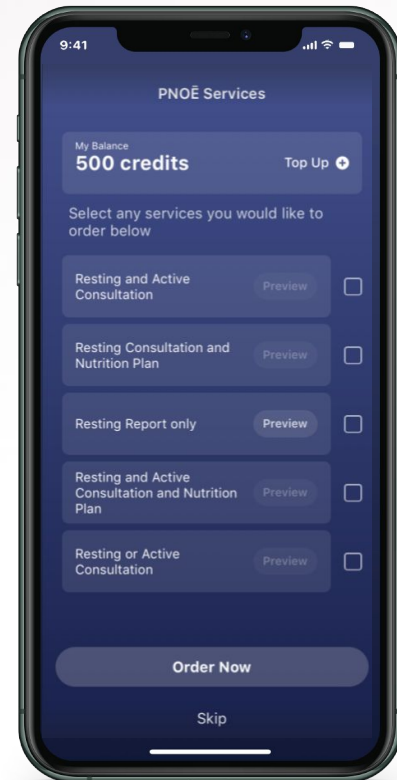
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Step 2: Test analysis

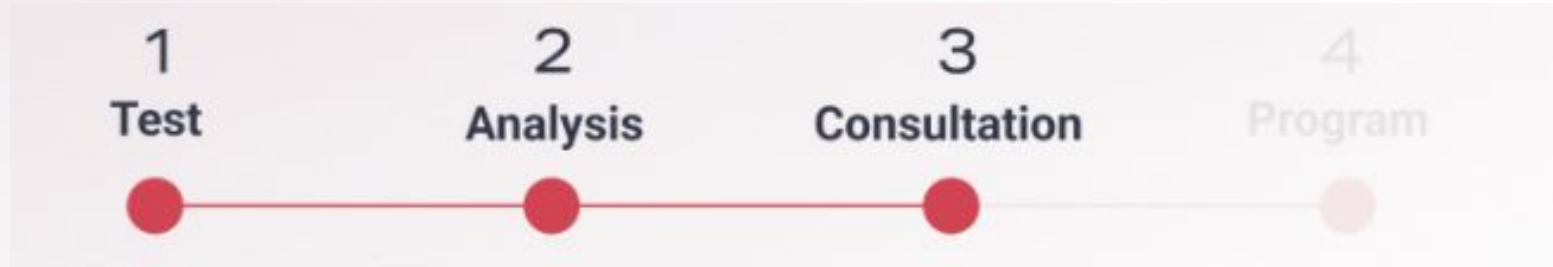


From testing to consultation

- °P iOS device → Grow app
- °P Service request → Grow app
- °P Test analysis & report generated by the metabolic expert



Step 3: Consultation call (optional service)



Consultation call with a metabolic expert

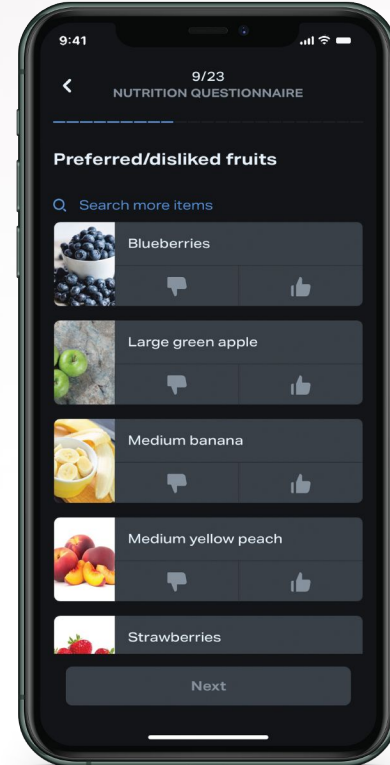
- Report analysis, result explanation and recommendations
- Average duration: 35 minutes for one report, 60 minutes for both
- Invitation to the consultation call
- Summary of the results discussed

Step 4: Nutrition Plan (optional service)



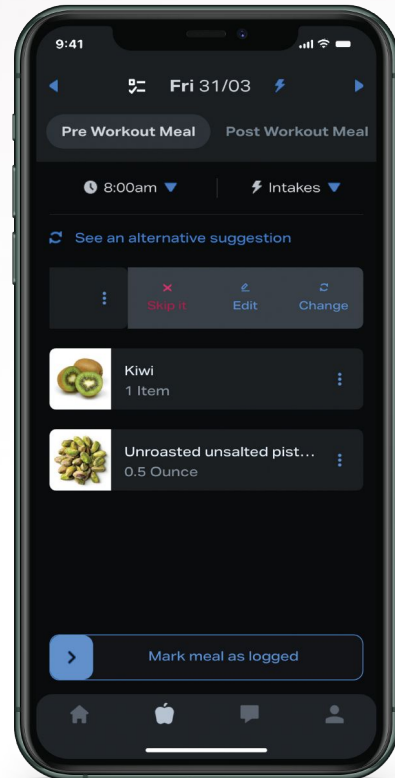
PNOË Precision app

- °P Log in with customer profile credentials
- °P Nutrition questionnaire completion
- °P Free of charge access
- °P Available for [iOS](#) and [Android](#) devices



Precision app features

- Ⓟ Personalized nutrition plan
(conducting an RMR assessment is necessary for the creation of the nutrition plan)
- Ⓟ Grocery list
- Ⓟ Nutrition tracking goals
- Ⓟ Workout planning
- Ⓟ Wearable integration
- Ⓟ Knowledge Center
- Ⓟ Chat assistant
- Ⓟ App Walkthroughs



PNOË service options

The PNOË services you can provide are the following:

- ☛ Report only (RMR and/or AMR reports)
- ☛ Consultation call (RMR and/or AMR reports)
- ☛ Report and nutrition plan (RMR report, AMR report optional)
- ☛ Consultation call and nutrition plan (RMR report, AMR report optional)

You are eligible for 3 full experiences (RMR, AMR consultation call & nutrition plan) to conduct to either device users or customers free of charge.

YOUR PNOE GROW PACKAGE

Your package includes 32,400 credits that can be used:

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Basic experience: 0 credits

Reports only (1 report = 1 RMR **or** AMR report)

OR

Half experience: 46 credits

a) RMR and/or AMR consultation call **or**

b) RMR report & nutrition plan

OR

Full experience: 92 credits

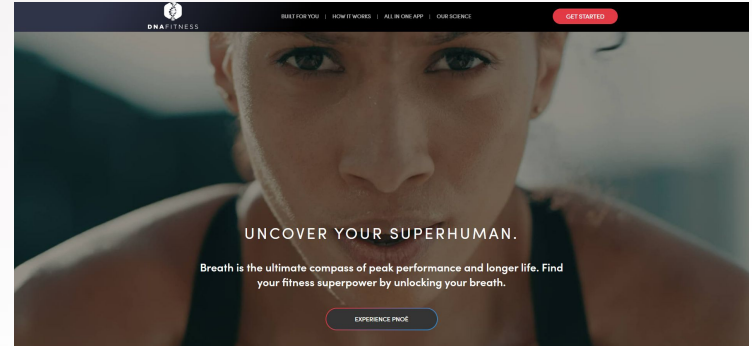
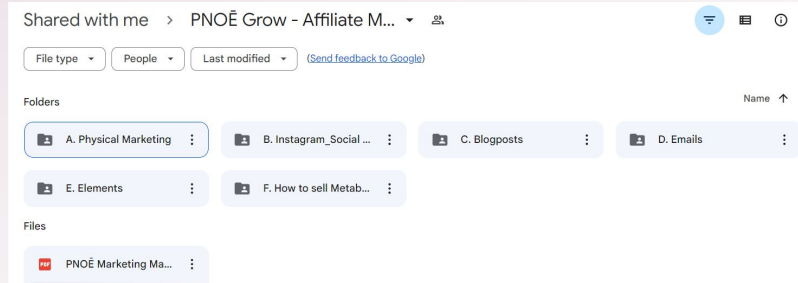
RMR and/or AMR consultation call & nutrition plan

If you don't utilize all of these credits in one month, these will be transferred to the next month until the end of your subscription period.

YOUR PNOË GROW PACKAGE



Marketing material & custom website



Access to the PNOË Certification program

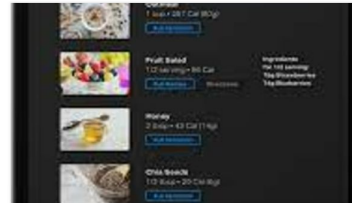
PNOË Metabolic Analysis Program (V2)



[Introduction to Breath Analysis](#)



[Analysis of the Metabolic Reports](#)



[Nutrition and Metabolic Testing](#)

Next steps

- PNOË unit delivery
- Support Onboarding Session
- Support call follow-up - mock RMR and/or AMR test(s)
- Consultation call to discuss trial test report(s)
- PNOË business call

My Personal Whatsapp number: (650) 683-8550

Our support line is: (650) 879 4227

We can set up our monthly 30-minute meeting

I will be your primary point of contact at PNOE during this journey.

Let's make every breath count!

Questions?