



# The My Wellchoice+ online program FAQ's

## **Why do I need a program like this?**

My Wellchoice+ provides the support you need to reach your goals. It provides a record of your daily and weekly diet and exercise results plus a record of how you've done in reducing stress or improving other life skills. The program gives you 24/7 access to personal trainers, nutritionists and psychologists to help you adopt a more healthy lifestyle.

## **How do the points work?**

When you record your wellness activity and are active on the site, you receive up to 1,000 points per week that can be used for various rewards. Employers can receive monthly point reports to be used for a variety of reward or incentive programs.

## **Can my family participate with me in wellness?**

Yes. My Wellchoice+ is designed for families. There are online programs designed specifically for children (KidFIT) and teens (TeenFIT) to help them develop good personal habits through a tracking and a rewards system. Additionally, working together, parents and children can select lifestyle modifications to help set attainable goals for personal success.

## **How is the My Wellchoice+ program different than other online health tracking systems?**

Unlike other programs, My Wellchoice+ is not designed as one size fits all. You build your own personal nutrition plan, exercise program and lifestyle behavior goals to fit your needs and schedule. This wellness program also gives you rare 24/7 access to personal trainers, nutritionists and psychologists to help you with everything from fitness injuries to nutrition questions to parenting concerns.

## **How does the Health Risk Assessment (HRA) work?**

It is an easy two step process: First, you complete a 32 question health questionnaire and then you review your Personal Awareness Report. The report will let you know if you have any risk levels for certain chronic health conditions. Areas the HRA assesses include: eating habits, exercise, smoking, stress, weight, blood pressure, cholesterol, work satisfaction, family history etc.

## **Can I track my blood pressure, cholesterol or other readings?**

You can track up to 29 readings or measurements including blood pressure, cholesterol, glucose, steps and measurements. You can also view a graph of your results. You can also keep an online journal and set key personal wellness goals.

## **What does the GetFIT program include?**

### **Fitness plan:**

Creates a workout program customized just for you. The program is based upon your goals, health needs and access to a gym or fitness equipment.

**Virtual Trainer:**

Displays over 250 technically accurate 3D exercise animations with written techniques, tips, precautions and spotting needs.

**Plan Modification:**

Updates plan variables every four weeks and allows program changes anytime for further customization.

**Plan Reporting:**

Records your daily/weekly activities for estimated caloric expenditures, updated nutritional recommendations and activity points. It calculates your metabolic burn rate even before you do any physical activity.

**Fitness Assessments:**

Compares and rates your physical fitness levels with the rest of our member population.

**Progress Charts:**

Highlights your graphical fitness history and uncovers trends for future progress.

**What does the EatFIT program include?****Healthy Meal Suggestions:**

Provides daily menus based on your personal nutrition needs.

**Meal Planning Tool:**

Helps plan your meals using program suggestions or allows you to build your own plans up to seven days in advance.

**Calorie and Food Group Serving Recommendations:**

Creates customized nutritional guidelines based on your height, weight, age, activity level and other health factors and goals.

**Nutritional Tracking:**

Allows you to keep track of what you are eating and see if you are meeting your plan's recommendations.

**Food Database:**

Provides nutritional information for over 13,000 food items including many popular products and meals from your favorite restaurant.

**Shopping Lists:**

Builds easy-to-use, printable lists to help you in shopping for the foods in your meal plan.

**Healthy Recipes:**

Allows you to browse over 1,500 recipes with nutritional information that can be tracked in the meal planner tool.

**Exercise Integration:**

Works interactively with the exercise program to adjust daily calorie recommendations based on your reported physical activity

**Progress Charts:**

Permits you to view graphical nutrition history and discover trends for future progress.

**What does the LiveFIT program include?****Life-skills Assessment:**

Evaluates and scores your proficiency in the life-skills areas of self, community, values and others from a 20 question LiveFIT assessment.

**Life's Challenges (Tests):**

Helps you identify your risk for developing un-healthy habits such as smoking, alcoholism, eating disorders or stress

**Self Evaluation:**

Asks you to report how well you completed the assigned tasks from 20 different 6-week life skills programs you choose so progress can be tracked.

**What do the Coaches do within the My Wellchoice+ program?**

Fitness and Exercise, Nutrition and Life Management Coaches are available 24/7 to help you by e-mail through the online program. Participants can read about each coach and select an expert to interact with on a regular basis or just ask them a question from time to time.

All e-mail questions are answered within 24 hours from the time the question is received. The member will receive an email notifying them of the answer and instructing them to log into the HIPAA protected site to receive their answer along with an attached article.

All Fitness & Nutrition coaches are Certified NSCA or ACSM or CDR Accredited. They are accredited with a BS/BA in a health/nutrition/life management related field with a minimum of five years experience in their respective field. All Life Management coaches hold an accredited Masters or Doctorate in a life management related field with a minimum of five years experience in their respective field.

**What will I find in the Clubhouse?**

The Clubhouse provides health information, over 1,500 nutritious recipes in our kitchen, and 3,000 articles of interest in our library. You can take a quick poll and share your personal success story or read success stories of other members. The Clubhouse becomes your online, interactive health community.

**Does the program provide global reporting?**

If an employer group, association or third-part administrator has over 100 members using the program, they will have access to 53 customized global reports. The group will receive a username and password to access their reports. The reports can be accessed real time in yearly, quarterly or monthly intervals in .pdf, csv or excel format. A group can view program utilization, health assessments, age, BMI, program breakdown and FamilyFIT participation.

**What other benefits are included with a My Wellchoice+ membership?**

My Wellchoice+ makes it easy and affordable for its members to exercise the way they prefer.

A My Wellchoice+ member who wants fitness equipment to workout at home can receive top of the line equipment at a 20% discount. This includes treadmills, elliptical machines, exercise bikes, weights, benches, mats, bands, balls and other fitness equipment. You can simply order the equipment online and have it shipped to your home.

My Wellchoice+ assists members who wants to workout at a gym or facility with a discounted membership from over 9,000 credentialed clubs such as Bally's, Gold's, Ladies Workout Express, Lady of America, Curves, Snap Fitness and Anytime Fitness as well as thousands of individually owned clubs.

My Wellchoice+ members receive:

- A one-time enrollment fee of only \$49 for you and \$29 for family members
- Up to 30% monthly savings
- A short-term commitment
- Reciprocal privileges nationally

- Travel and transfer privileges to more than 9,000 network health club providers nationally

**What year was this online wellness program introduced in the market?**

The program went live in 2001.

**How many users are on the program?**

The My Wellchoice+ online wellness program is built on proven technology trusted by more than 20 million participants.

**Why does enrollment require the last four digits of a member's social security number?**

With the number of participants we have using this program, it is necessary to identify one member from another. Many have the same names. We use a four-digit number to further individualize members beyond name. We found the last four digits of the social security number to be the easiest four-digit number to acquire for employers. If companies have an issues with this approach, we can have that employer group create unique four-digit numbers for their employees.

**Can we use the online program and its tracking and coaching tools before we sign up?**

Yes. My Wellchoice+ can provide demo accounts so you can experience the program and the powerful technology that makes this affordable program so successful in helping employees be more healthy and happy, while saving the company in reduced health care costs.