



Achieve Your Goals With the My Wellchoice+ Online Health and Wellness Program

You Can...

- Lower your blood pressure
- Lose the love handles
- Snack smart
- Lose those extra pounds
- Regain your energy
- Simply look and feel better
- Fit into your favorite jeans
- Chase down your toddler
- Feel more confident
- Keep up with the Grandkids

Learn how to eat healthy, exercise right and live life to the fullest with the online tools and resources My Wellchoice+ provides. You will receive a custom-made fitness and nutrition plan that recommends how long and often you should work out, what type of exercise to do, and how many calories you should consume. You will also have access to over 3,000 articles and 1,500 recipes, and best of all you can interact with an online coach 24 hours a day, 7 days a week.

Customized Plans



GetFIT: Customized fitness plan

- Provides virtual exercise demonstrations
- Calculates amount of calories burned
- Accommodates individuals of all skill levels

EatFIT: Personalized nutrition plan

- Recommends/tracks calories and food servings
- Suggests meals or allows you to create your own
- Presents daily menus and shopping lists

LiveFIT: Self-improvement plan

- Instills a positive sense of life balance
 - Helps you effectively deal with life's challenges
 - Provides stress and anxiety management
- Motivational Tools and Resources

Motivational Tools

Coaching: Personal, confidential interaction with health and wellness professionals

- Allows you to ask personal trainers, dieticians and psychologists your wellness questions confidentially via built in secure email service
- Sends personalized and confidential responses in 24 hours or less

Virtual Trainer: An animated coach who conducts exercise demonstrations

- Teaches members how to properly execute each exercise and avoid injury
- Includes hundreds of cardiovascular, strength and flexibility exercises
- Provides spotting guidelines and helpful tips

Fitness Facility Benefit: Includes a discounted gym membership benefit 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.

Discounted Fitness Equipment: Members who want to purchase fitness equipment to workout at home can receive top of the line equipment at a 20% discount.

Individual Assistance Program Benefit: MyExpertSolution.com is your resource for mental and emotional well-being. We connect you with some of the nation's top experts, who are ready to give honest, personalized answers to some of your toughest questions.