



## The My Wellchoice+ On-Line Program Frequently Asked Questions (FAQ's)

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

- **My Wellchoice+ (MWC+)** 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.

### How do the points work?

- Once you've recorded your wellness activity you receive up to 1,000 points/wk that can be used for various rewards
- You can receive monthly point reports to be used for reward or incentive programs.

### Can my family participate?

- Yes. **MWC+** has a component for children (KidFIT) and teens (TeenFIT) to help them develop good personal habits through a tracking and a rewards system.
- Working together, parents and children can select lifestyle modifications to help set attainable goals for personal success.

### How is My Wellchoice+ different than other health tracking systems?

- Unlike other programs, **MWC+** 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.

### 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 can view your **Personal Awareness Report**. The report will let you know what your risk levels are 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 & measurements. You can also view a graph of your results. You will also be able to keep an online journal and set some personal wellness goals.

### What does the GetFIT program include?

- **Fitness Plan:** GetFIT will develop a workout program that's 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 3-D exercise animations with written techniques, tips, precautions & 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 reward 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 our suggestions or allows you to build your own meal plan for 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 restaurants.
- **Shopping Lists:** Builds easy-to-use, printable lists, that 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 together with our 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:** After you complete a 20 question LiveFIT assessment it evaluates and scores your proficiency in the following life-skills areas: self, community, values and others.
- **Life's Challenges (Tests):** Helps you identify your risk for developing un-healthy habits such as smoking, alcoholism, eating disorders or stress
- **Self Evaluation:** You can choose one of 20 different 6-week life skills programs. Asks you to report how well you completed the assigned task so progress can be tracked.

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

- **Fitness & Exercise, Nutrition and Life Management Coaches** are available 24/7 by e-mail.
- You can read about each coach and select a person 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 any attached articles.

- 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.
- This is a great support tool in helping you meet your personal goals

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

- The **Clubhouse** provides health information, over 1,500 nutritious recipes in our kitchen, 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.
- This is your online, interactive health community.

### **Does the program provide global reporting?**

- If an Employer group or TPA has over 100 members utilizing the program they will have access to 53 customized global reports. The group will receive a username & password to access their reports. The reports can be accessed real time in on yearly, quarterly or monthly intervals in .pdf, csv or excel format.
- A group can view program utilization, health assessment, age, BMI, program breakdown and FamilyFIT utilization.

### **What else is included as a My Wellchoice+ member?**

- If a **MWC+** member wants to workout at home but does have fitness equipment they can receive top of the line equipment at a 20% discount. This includes treadmills, elliptical machines, exercise bikes, weights, benches, mats and other fitness equipment. You can simply order the equipment online and have it shipped to your home.
- If a **MWC+** member wants to workout at a facility but does not have a fitness facility membership they can choose 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.
- **MWC+ members will receive:** A one-time enrollment fee of only \$49 for you and \$29 for family members; up to 30% monthly savings; short term commitment; reciprocal privileges nationally and travel and transfer privileges at over 9000 network health club providers nationally

### **More Questions about MWC+ for yourself or your employees?**

- Contact ***Insurance & Wellness in the Rockies, Inc.***  
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