

Your Coaching Program for Weight Management

Healthyroads is not just another weight management program. It's a unique plan that teaches you how to make better choices that can dramatically improve your overall health.



Through this telephone- and Internet-based program, you'll learn how to eat better, exercise more, and change your habits with the help of dietitians, personal trainers, nurses, and other certified health educators.

Get assistance from the comfort of your own home—no more waiting in the clinic office or rushing to attend a meeting. And additional support is always available at Healthyroads.com® through its online message center.

A one-size-fits-all approach just doesn't work for everybody. Find out how Healthyroads rewards you for making positive health decisions with the best prize of all—improved health!

Call Healthyroads today at **877.330.2746** to find out how you can begin your journey to a longer and healthier life.

Healthroads Coaching Program for Weight Management

Telephone Sessions

Kickoff	One (1) session (up to 30 minutes) per year with a health educator (nurses, dietitians, personal trainers, and others) to receive an overview of available services, set initial goals, review confidentiality, and establish rapport.
General Assessment	One (1) session (up to 30 minutes) per year with a health educator, to conduct a general assessment, establish baseline data, and review medical history and any pharmaceutical prescriptions.
Motivational Coaching	Up to four (4) coaching sessions per month with a health educator to set goals, assess progress, provide ongoing education, eliminate barriers, solve problems, and provide encouragement.
Weight Management Education	Eight (8) sessions (up to 30 minutes each) per year with a health educator to provide specific information on diet, exercise, relaxation skills, and other solutions for weight management.
Pre- and/or Post-Bariatric Surgery Program	Up to eight (8) telephone sessions (up to 30 minutes each) with a health educator (registered dietitian, registered nurse, or certified personal trainer). Sessions are designed to specifically prepare and educate the member on improving nutrition prior to surgery and on appropriate nutrition and exercise after surgery.

Support Services

Health Status Questionnaire (HSQ)	The online HSQ is taken at the beginning of the coaching program, at the end of the year, and each year thereafter.
Educational Materials	Program materials include: <ul style="list-style-type: none"> • One (1) weight management manual provided at no charge when registered for coaching program • Supplemental diet and exercise guides related to specific medical conditions provided at no charge • One (1) mental imagery or relaxation skills module provided upon request—when related to a specific medical condition or need—at no charge (limited to one module per year)
Customized Planning and Analysis Services	The member chooses one (1) of the following per quarter: <ul style="list-style-type: none"> • Customized seven-day meal plan • Customized seven-day fitness routine • Three-day diet analysis • Restaurant menu analysis (up to three menus) • Fitness analysis
Web Services	No-cost subscription to Healthroads.com®, including: <ul style="list-style-type: none"> • Interactive tools, health status trackers, message centers, and appointment scheduling • Discounts on more than 2,400 products, with free shipping on most orders • Access to educational resources such as health care articles from <i>Physicians' Desk Reference on Dietary Supplements</i> and other sources
Member Outreach Campaign	Member outreach campaign includes: <ul style="list-style-type: none"> • Welcome letter and program description • Up to two (2) welcome telephone calls to encourage participation • Monthly electronic newsletters

Awards and Rewards

Get Healthy! National Awards	Healthroads annually selects national winners for most improved personal health with prizes ranging from a new car to shopping sprees.
Get Started! Reward	After completing both the kickoff and general sessions, one (1) coaching session, and the HSQ, the member receives a Get Started! Kit, which includes a Healthroads cookbook, four (4) Healthroads nutrition bars, a pedometer, exercise bands, a Healthroads relaxation skills booklet and CD, a Healthroads stress card, and a 30-day supply of multivitamins.
Share Results! Reward	At the end of each year, an e-mail reminder is sent only to members who qualified for the Get Started! Reward, offering them a \$35 “free stuff” product voucher if the member completes the HSQ again. Vouchers can be redeemed with online or telephone orders, with free shipping on all orders.