



	ESSENTIALS	HONORS
Meeting Frequency / Time Commitment		
Month 1 - 4 (Weeks 1 - 16)	Weekly, ≈ 1 hour	Weekly, ≈ 1 hour
Month 5 - 6 (Weeks 17 - 26)		Bi-Weekly, ≈ 1 hour
Month 7 - 12 (Weeks 27 - 52)		Monthly, ≈ 1 hour
Total # of Sessions	14	26
Courses: Live Session + Online Education	12	22
Coach Meetings (required)	2	4
Makeup Sessions	YES	YES
Maximum Allowable Missed Courses	2	4 (months 1-6), 2 (months 7-12)
Healthe You® Rewards Credit	After 14 sessions	After 14 sessions
Peer Group Support	YES	YES
24/7 Access to Education	YES	YES
Healthe You® Rewards Points	NO	100 points per session after Healthe You® Rewards Credit is earned
Support Sessions Available		6
Fitness & Nutrition Support	NO	YES
Stress Management Support	NO	YES
Massage Therapy	NO	YES
How to Unlock Additional Support	In order to unlock support sessions, you must complete or makeup all sessions	
Unlock Support Session #1	N/A	After 3 courses and scale purchase
Unlock Support Session #2	N/A	After 7 courses
Unlock Support Session #3	N/A	After 11 courses
Unlock Support Session #4	N/A	After 15 courses (may substitute 60 min. massage therapy if 5% weight loss)
Unlock Support Session #5	N/A	After 19 courses
Unlock Support Session #6	N/A	After 22 courses (may substitute 60 min. massage therapy if 5% weight loss)
Scale Reimbursement	NO	Yes, after successful program completion and 5% weight loss
Investment		\$40 scale purchase

