



	ESSENTIALS	HONORS
<b>Meeting Frequency / Time Commitment</b>		
Month 1 - 3 (Weeks 1 - 11)	Weekly, ≈ 1 hour	Weekly, ≈ 1 hour
Month 4 - 6 (Weeks 12 - 24)		Bi-Weekly, ≈ 1 hour
<b>Total # of Sessions</b>	<b>12</b>	<b>33</b>
Courses: Live Session + Online Education	11	30
Coach Meetings	1 Required (Unlimited Access)	3 Required (Unlimited Access)
Makeup Sessions Available	YES	YES
Maximum Allowable Missed Courses	4	4 (months 1-6), 2 (months 7-12)
Healthy Living Rewards Credit	After 12 sessions	After 12 sessions
Peer Group Support	YES	YES
24/7 Access to Education	YES	YES
Healthy Living Rewards Points	NO	100 points per session after Healthy Living Rewards Credit is earned
<b>Additional Courses Available</b>		<b>19</b>
Additional Fitness Courses	NO	YES
Additional Nutrition Courses	NO	YES
Additional Stress Management Courses	NO	YES
<b>Optional Investment</b>	<b>\$50 scale purchase</b>	<b>\$50 scale purchase</b>
Scale Reimbursement	Yes, after successful program completion and 5% weight loss	Yes, after successful program completion and 5% weight loss

