



	ESSENTIALS	HONORS
<b>Meeting Frequency / Time Commitment</b>		
Months 1 - 3 (Topics 1 - 12)	Weekly, ≈ 1 hour	Weekly, ≈ 1 hour
Months 4 - 12 (Topics 13 - 31)		Bi-Weekly, ≈ 1 hour
<b>Total # of Topics</b>	<b>12</b>	<b>31</b>
Topic: Live Session + Online Education	12	31
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 8 Topics completed	After 8 Topics completed
Peer Group Support	YES	YES
24/7 Access to Education	YES	YES
<b>Additional Courses Available</b>		19
Additional Fitness Courses	NO	YES
Additional Nutrition Courses	NO	YES
Additional Stress Management Courses	NO	YES
<b>Optional Investment</b>	\$50 scale purchase	\$50 scale purchase
Scale Reimbursement	Yes, after successful program completion and 5% weight loss	Yes, after successful program completion and 5% weight loss

