



## The Good Life<sup>®</sup> Enhanced Coaching Option FAQ

With *The Good Life's* enhanced coaching, you have the option to fulfill your Step 3 (health coaching) portion of the program by participating in one of the following activities:

- Traditional coaching by phone
- Lunch-and-learn seminar
- "Let's Talk Health" one-on-one coaching
- Grocery store tour at a local Tops Friendly Market

### Health coaching by phone

Time commitment: Approximately 30 minutes

Speak to a dedicated coach who assists with reducing lifestyle-related risks like obesity, smoking, high cholesterol, or hypertension. Your coach may also address certain chronic illnesses, such as asthma, cardiac disease, or diabetes.

### Lunch-and-learn seminar

Time commitment: 1 hour

Seminars teach you how to get your health on track and stay in control. A variety of topics will be offered so you can choose one that best suits your personal goals. Seminars will be conveniently provided at your work-site.

### "Let's Talk Health" one-on-one coaching

Time commitment: 30 minutes

Meet with your health coach face to face in the convenience of your workplace. Your coach will assist you in reducing lifestyle-related risks like obesity, smoking, high cholesterol, or hypertension. Your coach may also address certain chronic illnesses, such as asthma, cardiac disease, or diabetes.

### Tops Friendly Markets grocery store tour

Time commitment: 1 hour

The grocery store can be an intimidating place with seemingly endless options and overwhelming information. We designed our tour with you in mind, to help simplify the process of grocery shopping. A health coach will lead the tour and will cover each area of the store.

(over)

**Q: When can I participate in an activity?**

**A:** Enhanced coaching activities are offered starting in September and will continue through *The Good Life* program deadline (December 31). Some activities are offered earlier in the program to allow participants more flexibility and time to complete this step.

**Q: How do I sign up for an activity?**

**A:** If you would like to complete health coaching over the phone, there is no need to sign up. A health coach will contact you to schedule an appointment beginning in October to review your biometric and health assessment data.

It's quick and easy to sign up for one of the other activities.

**Lunch-and-learn seminar:**

Your employer will provide details on seminar schedules and how you can reserve a spot.

**"Let's Talk Health" one-on-one coaching:**

Your employer will provide details on session schedules and how you can reserve a spot.

**Grocery store tours:**

Sign up for a time slot by logging in to the *MyBlueHealth* portal. Click on the Eventbrite link and reserve your spot at a Tops Friendly Market near you.

**Q: How am I credited for completing an activity?**

**A:** Our staff will track your participation.

**Q: How can I verify completion of coaching?**

**A:** Log in at [bcbswny.com](http://bcbswny.com), click *The Good Life* tab, and select *View My Scorecard* to check your status.

