365 Participant Handbook

We **CHOOSE** *Health* 365

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Welcome to the We Choose Health 365 program!

Becoming a healthier person may seem like a mountain to climb, but We Choose Health makes it as simple as changing your choices to incorporate health into your daily routine. You've take the first step to a healthier lifestyle by deciding to move more, eat better, and weigh less. We Choose Health's structure is designed to provide you with the support you need to get involved, stay motivated and make gradual, realistic and lasting changes to improve your health.

This handbook includes information to help you get started and can answer any questions you may have about the We Choose Health 365 program. It will guide you on how to get started and show you ideas and incentives that We Choose Health 365 offers. We hope We Choose Health 365 will have a life-changing impact on you, your family, your company and your community.

We wish you the best of luck!

We Choose Health 365
info@livehealthyamerica.org

LHA Features:

- **Daily Recording -** You will have the option to go online everyday to record your progress.

- **Expanded Recipe Database -** Access the LHA expanded recipe database which include many new healthy meal options.

- **Goal Tracking / Badges -** Set, track, and view your progress on your personal dashboard with the ability to earn points and badges!

- **Shopping Lists and Weekly Grocery Specials -** Choose recipes, create shopping lists and access weekly local grocery specials.

- **Forums -** You will have access to discuss best practices or your favorite topic among other participants.

- **Mobile Recording -** Record on the go using your mobile phone!

Choose to motivate, celebrate, prioritize, energize, inspire and be admired.
Choose We Choose Health.

How to register

STEP 1: **Go to www.wechoosehealth365.org**

☐ Click in the orange "JOIN TODAY!" box.

STEP 2: **Enter your Corporate/Group ID.**

☐ Enter your Company/Group ID in the light blue "GROUP ID" box, then click "SUBMIT".

Enter your
Group ID here.

We Choose Health 365 **Registration**

myDashboard   myProgress   myGoals   myNutrition   myFitness   myRecipes

REGISTRATION PAGE

Registration Step:

*indicates required fields

Member Information

First Name *:	Why we collect this information?
Last Name *:	
Address 1 *:	
Address 2:	
Postal Zip Code *:	
City *:	
State/Province *:	– Please Select –
County *:	
Country *:	
Is this a Residential or Business Address *:	⦿ Residential ⦿ Business
Phone *:	
Email Address *: This will serve as your Username	
Password *:	
Confirm Password *:	

CONTINUE REGISTRATION >>
(please click only once)

① Fill out your information

Your email address will be your username and you will create your password here.

② Click the "CONTINUE REGISTRATION" button.

Confirmation

PAGE 2 CONFIRM REGISTRATION

Please confirm your information below. If all of your information is correct, click on the "Confirm" button at the bottom.

If you need to edit any information please click the "edit" button to the right and do not hit the "back" button on your browser.

Member Information   EDIT

Member Information:	Firstname Lastname
Member's Address:	123 Street City, ST 12345
	[Residential Address]
Email Address:	email@livehealthyamerica.com

CONFIRM REGISTRATION >>
(please click only once)

Click the "Edit" button to change member information.

③ Click the "CONFIRM REGISTRATION" button. Please click this ONLY ONCE.

Registration is complete!

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Profile Set-Up

Profile set-up is REQUIRED

New Team Registration 🗆 Inbox x

Live Healthy America - Navigate Wellness info@livehealthyamerica.org
to me ▾

Live Healthy America - Navigate Wellness

Live Healthy America
New Team Registration

Thank you for registering your team with Live Healthy America - Navigate Wellness. Details of your registration can be seen below:

Team Name:	**Team America**
Team Captain:	Jennifer America
Captain's Address:	8888 NW St.
	Anytown, ST, USA 50023
Captain E-mail Address:	jenamerica@test.com
Captain's Password:	jentext
Team Goal:	Lose Weight

Team Members:

NAME	E-MAIL
Jennifer America	jenamerica@test.com
Ron America	ronamerica@test.com

1 Confirmation email

Participants will receive a confirmation email from We Choose Health containing their username and password once registration is completed.

2 Login

Go to www.wechoosehealth365.org and click on the orange "LOG IN" button. Then enter your username and password, and click the "SUBMIT" button.

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Edit Profile

CHANGE YOUR PASSWORD

First Name *:

Last Name *:

Address 1 *:

Address 2:

City *:

State/Province *:

County:

Zip *:

(entering your zip will set your city/state)

Phone *:

Email Address *:
This will serve as your Username

Profession *:

Gender *:   ○ Male   ○ Female

Education Level *:   --Please Select --

Marital Status *:   --Please Select --

Ethnicity that best describes you *:   --Please Select --

Height *:

Upload your photo   You may upload a photo for your dashboard

VIEW   UPLOAD

Do you want to allow other challengers in the program to be able to message you through the message center? *   ○ Yes   ◉ No

Age Range *:   --Please Select --

Level of physical activity *:   --Please Select --
CDC Activity Levels

What is your current weekly minutes of activity prior to beginning the Live Healthy program? *   0hrs, 0min

Have you participated in this program before? *   ○ Yes   ◉ No

Where did you hear about Live Healthy? *   --Please Select --

Enter your Personal Goal: --Please Select --

Rank your general health status prior to beginning the Live Healthy America program *:

Prior to beginning the Live Healthy America program, how many cups per day of fruits & vegetables did you consume? *   0 per day
*Fruit: 1 cup = 1 medium sized fruit; 1/2 cup fresh,frozen or cooked fruit; 1/4 cup dried

SUBMIT

3 **Fill out your profile.**

If you'd like to change your password you can do so here.

4 **Click "SUBMIT"!**
Now your profile set-up is complete!

LiveHealthy

How to **Use Your Dashboard**

When you initially registered online, you created your email login and password for the Dashboard. On the dashboard, you have the ability to edit your individual profile if needed.

1 Click the MyProgress

You'll see that today's date is selected in the "Recording Date" drop-down list. Select the corresponding date from the drop-down and enter in your current weight and/or activity minutes for that day. Select your primary activity and enter in any notes you may have.

Click the "SUBMIT" button and you are finished.

2 Recording Data

Record totals by clicking the calendar icon and selecting a date and enter your total minutes and/or weight for the week.

Enter your current weight and your total activity minutes for the week.

Note: If you have performed multiple activities a day or during the week, you can record a separate entry for each activity.

Click "SUBMIT" and you are finished.

LiveHealthy
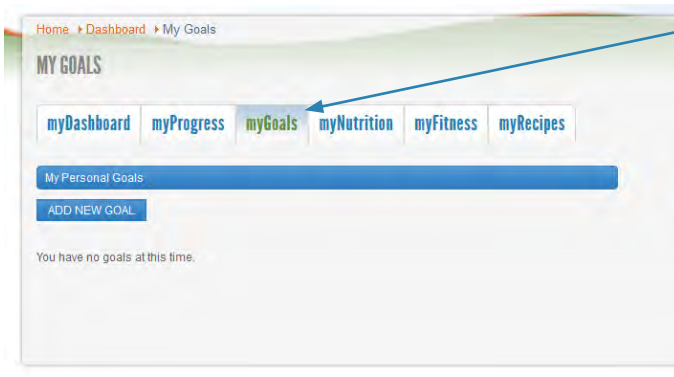
3 myGoals

To enter your goals, click on "myGoals". Then select your goal from the pull down menu or enter in your goal. Then click the "SUBMIT" button.
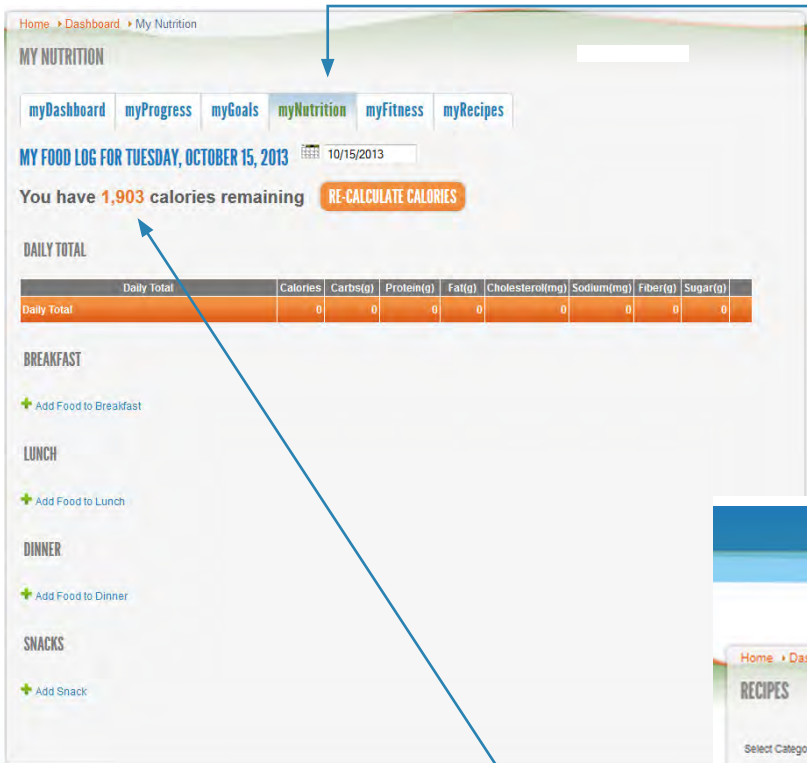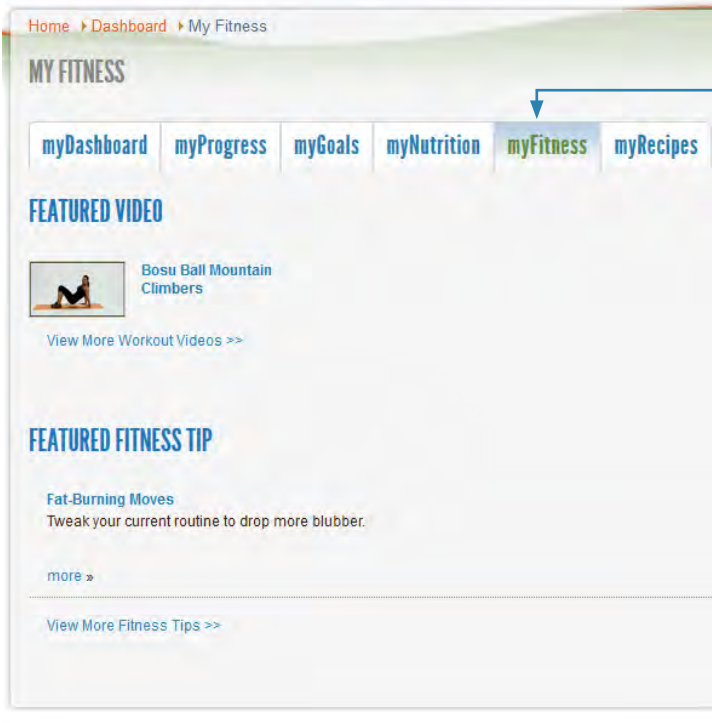
4 myNutrition

To enter your daily food journal, click on "myNutrition". Then click on "Add Food" under the appropriate meal. This will take you to a new page where you can record your food. It records and calculates: Calories, Carbs, Proteins and Fat intake and gives a daily total at the bottom and the calories remaining for each day at the top.

To access our database of healthy recipe options, click on "RESOURCES" in the top bar of the page.
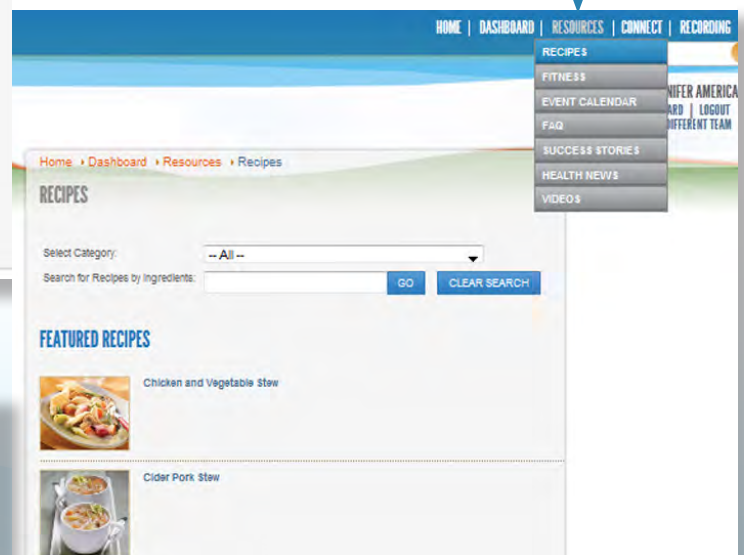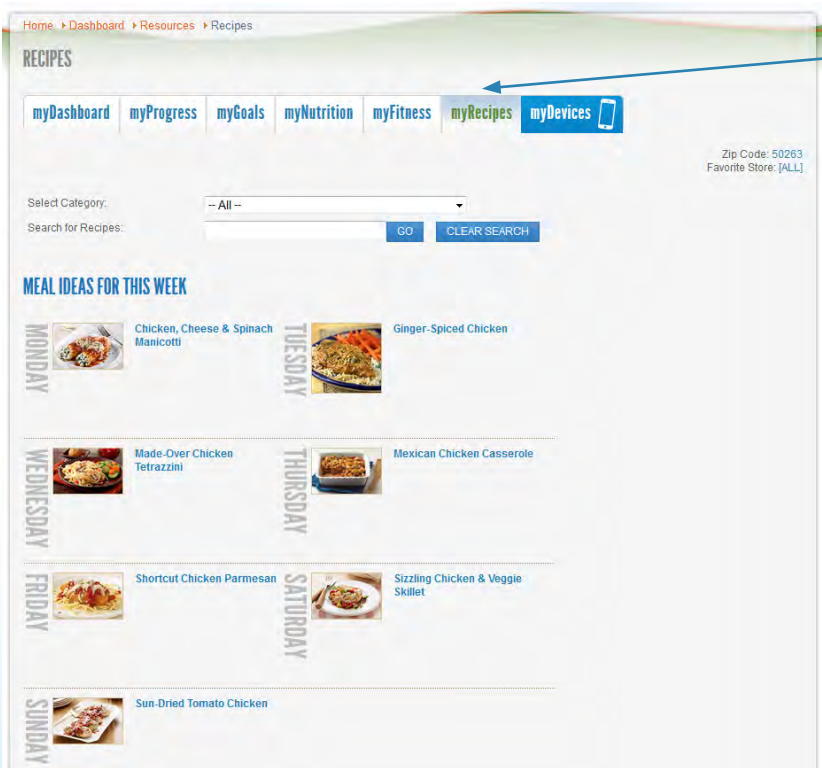

5 Calorie Counter

To access your own personal calorie counter, click on the CALCULATE CALORIES in the blue box. This tool can calculate how many daily calories you need to consume in order to reach your goal weight.

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MY FITNESS

| myDashboard | myProgress | myGoals | myNutrition | myFitness | myRecipes |

FEATURED VIDEO

Bosu Ball Mountain Climbers

View More Workout Videos >>

FEATURED FITNESS TIP

Fat-Burning Moves
Tweak your current routine to drop more blubber.

more »

View More Fitness Tips >>

6 myFitness

View videos from the We Choose Health trainers.

RECIPES

| myDashboard | myProgress | myGoals | myNutrition | myFitness | myRecipes | myDevices |

Zip Code: 50263
Favorite Store: [ALL]

Select Category: -- All --
Search for Recipes: [GO] [CLEAR SEARCH]

MEAL IDEAS FOR THIS WEEK

MONDAY — Chicken, Cheese & Spinach Manicotti

TUESDAY — Ginger-Spiced Chicken

WEDNESDAY — Made-Over Chicken Tetrazzini

THURSDAY — Mexican Chicken Casserole

FRIDAY — Shortcut Chicken Parmesan

SATURDAY — Sizzling Chicken & Veggie Skillet

SUNDAY — Sun-Dried Tomato Chicken

7 myRecipes

Click on "myRecipes" to access an extensive database to find a healthy and delicious meal to share with your family or friends.

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