



Healthy Lifestyles Reengagement Opportunity – **for those covered under the Traditional PPO Health Plan at BayCare Clinic**

LiveFit: Jump Start is composed of an eight session, one-on-one wellness program that guides you on a path to achieving a healthier lifestyle. This program offers 30 or 60-minute sessions that will provide structure to achieve weight loss goals and lifestyle changes through fitness and basic nutrition guidance.

Reengagement Policy: You must schedule and complete a Healthy Lifestyles reengagement assessment and pay the \$50 re-test fee. You will be given a new GOHIP goal. You must sign up for the Jump Start program* and complete 8 sessions (one-hour consultation is necessary to help participant/trainer get acquainted with goals and expectations) within 10 weeks. After 10 weeks**, you must meet the new goal that was given to you by successfully completing a re-test. If you meet your goal, you will be back in the program and your premiums will be adjusted on the next possible paycheck.

**It is required that your reengagement assessment, one-hour consultation, 8 sessions and re-test assessment all be with the same trainer. Exceptions will be determined on a case by case basis.*

***You can only complete the re-test assessment once 10 weeks has passed from the date of your reengagement assessment.*

***No call, no shows or cancellations/rescheduling without a 12-hour notice will not be allowed. If an employee is a no call, no show or cancels/reschedules with less than a 12-hour notice, they will not be eligible for the re-engagement opportunity unless excused due to extenuating circumstances.**

Your program will include:

- Two fitness assessments
- One-on-one personal training
- Wellness and lifestyle coaching
- Individualized support and goal setting
- Nutritional counseling by a personal trainer
- Exercise equipment orientation
- Cardiovascular and strength training guidance

Personal guidance, support and encouragement are all keys to success and are major components of the program. The strategy of this program is to help you set weekly goals that will give you the structure to start implementing healthier habits into your lifestyle that are manageable and help you succeed with weight loss, managing stress and exercise adherence.

How do I maintain after the program?

After you complete your 8 sessions Jump Start program you can talk with your trainer about how you can continue to use your benefit for additional personal training and wellness coaching or other various Aurora BayCare programs.

Cost: \$50 re-test fee

Prescription for Fitness benefit billed to insurance, 10% co-pay