

Online Group Coaching Frequently Asked Questions

Signing Up

Do I have to pay to participate in Online Group Coaching?

No. Group Coaching is free to you as part of your health benefits program.

How many sessions are there in a class?

There are 6 classes in each program. All classes are approximately 30 minutes in duration.

How do I sign up?

Use the registration link provided to you by your onsite health coach.

What if I am unable to sign up because a class is full or the time is inconvenient for me?

Space is limited in each class. If you are unable to register for a class because it is full, or the session times don't fit your schedule, let your onsite coach know so we can attempt to make accommodations in the future.

Can I speak to the coach during a session?

A chat feature is available during Online Group Coaching sessions for speaking with your coach. During a coaching session, you can use the chat section to the right of the screen to interact with the coach and ask questions. NOTE: Your questions or comments will not be seen by other members, only the facilitator.

Do I have to complete Online Group Coaching surveys?

There are two surveys that you will be asked to complete as part of participating in Online Group Coaching, one at the beginning of the series and one at the end. These are not mandatory, however we want to make Online Group Coaching a program that fits your needs and personal goals, completing the surveys helps us do just that. Your program feedback is also completely confidential.

Rewards and Sweepstakes

Can I get rewarded for participating in Online Group Coaching?

Online Group Coaching is not part of an incentive program. However, we do complete a sweepstakes drawing for everyone that attends at least 5 out of the 6 sessions. At the end of the series, a name will be drawn at random to select a winner for each series. The winner will be notified via email and asked to confirm their address before the sweepstakes prize is sent. You will also be asked if your name can be shared with employees in future newsletter communications.

