



8-Lesson Online Program

Frequently Asked Questions

What is the goal of the program?

Most of us are not eating enough to help us lose weight and be healthy. Research shows we could significantly improve our waistline and feel better by doing one thing: **Eat 3-4 times more natural fiber-rich foods every day.** The program shares with your employees, in positive way, how to eat more of these foods to slowly but sustainably lose weight and keep it off. It can help boost their energy; reduce their risk for heart disease, diabetes, stroke and many forms of cancer.

How does the program work?

The program is comprised of eight online lessons. Each lesson offers a combination of short videos by PhD nutritionist, Diana Fleming, and behavior health specialist, Lonnie Carbaugh. Plus light-hearted animated videos, interactive group comment sections for idea sharing and lots of example pictures to make it simple for your employees to get started.

Does Full Plate Living provide any type of staff member to help us get started?

A dedicated Full Plate Living (FPL) team member will provide you a step-by-step process to make it easy for you to rollout the program to your employees.

When can we offer the program to our employees?

Each month we have a two-week designated open enrollment period for your employees to start the program. Simply choose the month that works best for you.

Do you have resources to help us promote the program to our employees?

We have developed PDF resources including email templates, posters and flyers to help you promote the program to employees. They are available anytime on our employer resources webpage.

How much does the program cost?

Our standard fee is \$59 per person but since you are offering the program as an employee wellness option the fee is only \$49.

How does an employee enroll in the program?

You have two options: (you may offer both options)

Option 1:

Employees enroll and pay directly on the FPL website using a unique coupon code provided by FPL. This will allow them to receive the \$10 savings and will designate them as your employees.

Option 2:

Have employees register directly with you and you provide us a list. This option is used if you want to allow employees to payroll deduct or if you plan to pay the program fee for them. FPL will invoice you for the program fee.

Do you provide customer service for our employees in case they run into a technical issue with the program?

Our 800-number and email customer support team will help with any technical questions your employees may have along the way. The team is available during normal business hours.

How do our employees access each online lesson?

Since the programs are online they may access the lessons anytime, anywhere. The lessons are designed to work with a computer, tablet or even a smartphone.

How long does it take to complete a lesson and is someone required to complete the entire lesson at one time?

Each lesson takes approximately 45 minutes to complete. Your employees can start and stop at anytime in the lesson and pick up where they left off. The next lesson will be made available to your employee six days after they complete the current lesson.

Is there a limited time for an employee to complete all eight lessons?

Your employees will have a minimum of 10 weeks to complete the entire eight-lesson course.

Will we get a completion report?

If you provide a 50%-100% reimbursement incentive to your employees for completing all eight lessons you'll receive a completion report within one week after the program ends. The report will provide the names of each employee who completed all 8 lessons.

Do we get an Outcome Data Summary Report?

You'll receive a free aggregate outcome Summary Report two weeks after the program concludes as long as 50 or more employees enroll in the program. If you enroll less than 50 the report is available for \$159. *Due to employee confidentiality and statistical significance, a minimum of 15 employees must complete the pre and post questionnaire for you to be eligible to receive the report.*

What type of data is included in the Summary Report?

We have a sample report template to show you exactly the categories of data you'll receive. Please ask us to email it you.

For additional information or to register your site for an upcoming online program contact:

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