Getting A Program Started Is Easy

You have a lot to do and offering another wellness program to your employees can be quite a lift. But we have good news for you – simply follow these 6 steps and you can provide the Full Plate Living’s *Are You Eating Enough to Lose Weight?* online program to your employees with minimal time and effort. Honest.

Because this 8-week course is online, your employees can complete the program anytime and anywhere, even on their smartphone. Which means it frees you up to do other pressing items on your to do list.

1. Review the FAQ Sheet

This short [two and half page sheet](http://admin.hca.wa.gov/pebb/wellness/Documents/FPLEatingEnoughFAQ.pdf) answers the most common questions about starting the *Are You Eating Enough to Lose Weight?* online program at your organization. You’ll discover it’s easy to provide this program to your employees.

2. Get Your Organization Registered, It’s Free!

Contact Ricky Seiler, Network Relationship Manager at Full Plate Living to get your organization registered. Reach him by email at [ricky.seiler@fullplateliving.org](mailto:ricky.seiler@fullplateliving.org) or by phone at 800-596-5480 ext. 3604.

3. Pick an Enrollment Date

There are specific two-week periods of time your employees will be able to enroll in the online course. When you contact Ricky, ask about the next available enrollment dates.

4. Choose a Coupon Code

Your organization will have its own unique coupon code and you can tell us what code you’d like. When your employees enroll for the course on the Full Plate Living website, they use this coupon code to receive a $10 off savings on the standard $59 course fee. It will also identify them as your employee and allows us to track their completion rate and self-reported outcomes.

If you decide to allow your employees to payroll-deduct their course fee instead of register online, they will still receive the $10 off savings. You simply need to provide us their first names, last names and email addresses in an Excel Spreadsheet by the next to the last day of enrollment.

5. Assign a Contact Person

It’s best to have one person in your organization to be the main contact person to work with Full Plate Living and to answer any questions your employees may have. Because the program is very easy to rollout to your employees, this person should not find it very time consuming.

6. Promote the Online Program

Full Plate Living has created easy-to-use templates for promotional emails, posters, and newsletter articles to make it easy for you to get the word out about the course. They are available anytime you need them on our special [employer resources page website](https://fullplateliving.org/employers/resources). We even provide you reminders of when to send the next promo email.