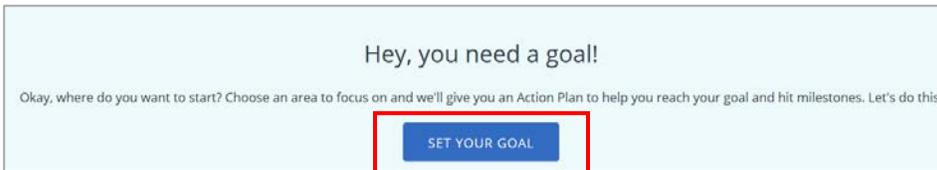


ADOA Virtual Coaching Instructions

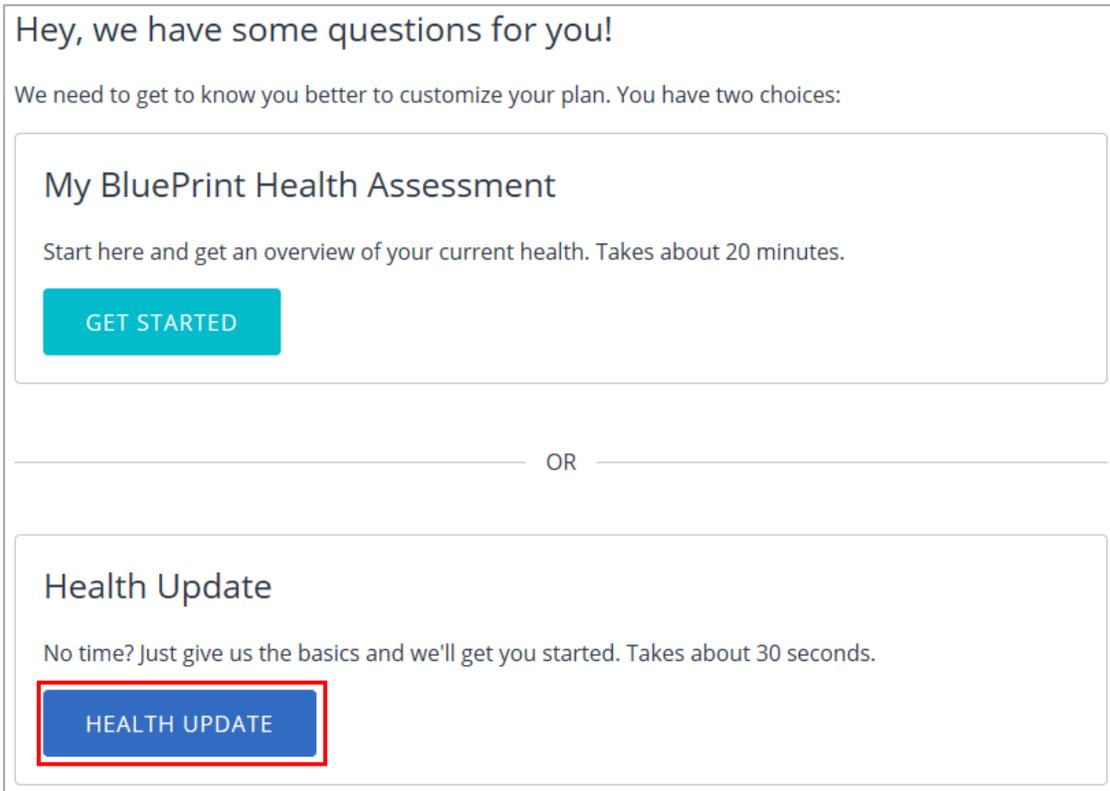
1. **Go to the Demo Site:** <https://wellnessaz.alerehealth.com/portal/server.pt>
2. **Login:** demo username: test557211@gn.com and password: asdf
3. **Select Action Plan:** on the home page in the top navigation toolbar



4. **Select “Set Your Goal”**



5. **You can take the full Health Assessment or a Health Update questionnaire. To expedite the virtual coaching enrollment, chose “Health Update”**



6. Complete the short health update question set and continue.

Health Update Step 1 of 7

We just need you to answer a few quick questions before you get started to set up a program that's right for you.

Do you currently use tobacco products? *

Yes No

Have you ever used tobacco products and if so when did you quit? *

Never used tobacco products ▾

Are you currently undergoing dialysis? *

Yes No

Have you ever been told by a doctor that you have type 1 or type 2 diabetes? *

No ▾

Have you ever had weight loss surgery? *

Yes No

Current Height *

7. Then, select one of the five focus areas by clicking "Select Goal"

GOAL FOCUS AREAS

RECOMMENDED



Live Tobacco Free

Proven strategies for overcoming nicotine withdrawal, cravings, stress and fears about quitting.

👍 46

[SELECT GOAL](#) [More](#)



Reach a Healthy Weight

We'll help you set realistic weight goals, make a plan to change your eating habits and be more active. You can do this!

👍 113

[SELECT GOAL](#) [More](#)



Improve Your Diet

Learn how to make some simple changes that can lead to lasting results.

👍 48

[SELECT GOAL](#) [More](#)



Be More Active

Make a plan to get more active in a way that will work for you.

👍 28

[SELECT GOAL](#) [More](#)



Feel Less Stress

Make an easy-to-follow plan to reduce stress and make new habits to feel better.

👍 40

[SELECT GOAL](#) [More](#)

8. Next, click “Get Started” under “Do It Yourself” on the right side of the page, to enroll in Virtual Coaching.

Now, choose your plan.

We can set you up with a coach or you can manage your own plan. Your call!

 OR

RECOMMENDED

Work with a Coach

ADD A COACH!

It's a fact. People are better at making changes when they get help from a coach. And you (yes, you!) are eligible to work with a coach at no additional cost. Here's what you'll get:

- ✓ Unlimited Phone Support: You'll schedule six phone sessions with an expert coach. But you can call in ANY TIME you need support.
- ✓ Emails: Email your coach with questions any time. Plus, we'll send out tips and reminders to help you stay on track.
- ✓ A workbook to help you stay on track (online or printed).
- ✓ An online Action Plan to help you reach your goals. Your coach will recommend tasks and track your progress on your plan. Support works!

Do It Yourself

GET STARTED

Not sure coaching is right for you? No problem! This site gives you the tools you need to reach your goals. Here's how it works:

- ✓ You'll get an Action Plan to help you reach your goal.
- ✓ You work at your own pace. We'll encourage you to take a few steps toward your goals each week.
- ✓ You'll get tips and program reminders via email.

9. Select your goal type from within the focus are of your choice.

Goal Setup Step 4 of 6

 **Improve Your Diet - Pick Your Goal Type**

Tell us how you want to start changing your eating habits. You can change your goal any time!

Healthy Eating Plan

This plan helps you track different food types against a daily calorie target.

👍 16

SET GOAL

Eat More Fruit

Eat fruit. Look good. Feel better.

👍 16

SET GOAL

10. Set your goal.

Goal Setup Step 5 of 6



Improve Your Diet - Set Your Goal

You're going to love eating more fruit! The recommended range is about 4-5 servings per day. Pick a goal you can reach.

Eat More Fruit

I'll eat at least servings of fruit per day for the next months.

[CONTINUE](#)

11. Answer a few more questions related to your specific chosen goal

Goal Setup Step 6 of 6

One Last Step!

You're about to take one giant leap towards better health. We need a few quick answers from you and then we'll set up your Action Plan. Thanks for enrolling!

Current Height *

feet inches

Current Weight *

pounds

Have you used any of these products in the last 30 days? (check all that apply) *

- None
- Cigarettes
- Cigars
- Pipes (bowls)
- Water Pipes (ex: Hookah)
- Spit or smokeless tobacco (ex: Chew or Snuff)

Upon submitting your questions, you get confirmation of the goal being active. Click “view action plan” to start the program and see your to-do lists.

Goal Setup

Congratulations - your goal is active!

We've added this goal to your Action Plan. Now let's make it happen!



Eat Less Fat

"I'll eat no more than 3 servings of fat per day for the next 3 months."

👍 8 people voted this helpful

[VIEW ACTION PLAN](#) [Update Goal](#)

12. Virtual Coaching Program Engagement/Completion:

For the next six weeks, log into your account, view your action plan, complete and check off at least one healthy action each week. After you complete a healthy action each week you will receive a check mark on your virtual coaching tracker on the portal home page. Once you receive six check marks, complete the online post-assessment, to finish the virtual coaching program.

The screenshot shows the 'Action Plan' interface. At the top, there's a blue header with 'Action Plan' and a 'Goals' dropdown showing '1'. Below this, a goal card for 'IMPROVE YOUR DIET' is titled 'Eat Less Fat'. The goal description is 'I'll eat no more than 3 servings of fat per day for the next 3 months.' with an 'Update Goal' link. Below the goal are two buttons: 'Track Progress' and 'I Reached My Goal'. There are also social media icons for Twitter and Facebook. Below the goal card, there's a section for 'HEALTHY ACTIONS' with a '+ View All Healthy Actions' link. A modal window titled 'About Your Action Plan' is open, explaining that healthy actions help reach goals and that actions are checked automatically. Below the modal, a 'Getting Started' section lists several actions, with the first one, 'Buy more fruits and veggies! Get at least two new ones this week.', highlighted with a red box. Other actions include 'Good news, you're eligible to get phone support from a coach. Try it today!', 'Take our assessment to learn what you can do now to stay healthy.', and 'Can a food journal change your life? Check out this video and find out'.

The screenshot shows the navigation bar of the BlueCross BlueShield of Arizona portal. On the left is the logo for BlueCross BlueShield of Arizona, an Independent Licensee of the Blue Cross and Blue Shield Association. The navigation menu includes 'Action Plan', 'Progress', 'Rewards', 'Coaching', and 'Library'. On the right, there's a user profile icon with a '5' and 'activities: 0'. Below the navigation bar, a 'Healthy Actions' tracker is visible, showing a blue checkmark in the first circle and five empty circles, with the text 'weeks' to the right. A notification banner below the tracker says '+1 Do your next healthy action on or after 11/03/2015. Finish six weeks of healthy actions to reach a milestone and earn activity.' with a close button (X).

The banner features a green and yellow checkered background. On the left, there's an illustration of a red apple and an orange carrot. On the right, a white box contains the text: '92 days remaining to reach this goal', 'Daily fruit servings of 3 or more.', and 'Next Healthy Action: Good news, you're eligible to get phone support from a coach. Try it today!'. A blue button labeled 'Go to Action Plan' is located at the bottom right of the white box.