

# Face It TOGETHER @ Work Activation

How It Works:

## Coaching That Gets Your People Well

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Your employees and their family members can get going with coaching by simply scheduling their wellness consult. All that takes is a quick call to (855) 539-9375 or a trip to the Get Started page on our website. Here's how it works:



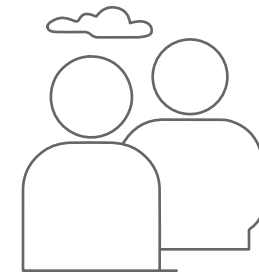
### Step 1: Take Our Assessments

Once their consult is scheduled, we'll send them a link to download the Face It TOGETHER app to take self-assessments of their current lifestyle as well as their emotional, mental and physical wellness.



### Step 2: Meet For Their Consult

They'll review their assessment results with a coach, discuss their needs and goals and we'll answer their questions. Then they can decide if coaching is right for them.



### Step 3: Begin Coaching

They will meet with their coach as often as needed (in person or by video). They'll work together to develop a personalized wellness plan, review their progress and set clear wellness action steps.

# Year One Activation Plan - Example

Month	1	2	3	4	5	6	7	8	9	10	11	12
<b>Launch/Roll-Out</b>												
Champions/Supervisor Training	Face It TOGETHER with Partner											
CEO Communication		Partner										Partner
Posters & Flyers		Face It TOGETHER			Face It TOGETHER			Face It TOGETHER			Face It TOGETHER	
Stickers		Face It TOGETHER			Face It TOGETHER			Face It TOGETHER			Face It TOGETHER	
Benefit Card		Face It TOGETHER			Face It TOGETHER			Face It TOGETHER			Face It TOGETHER	
Coaching Brochure		Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER
<b>Digital Content</b>												
Text Messaging/Mobile Content			Face It TOGETHER		Face It TOGETHER		Face It TOGETHER		Face It TOGETHER		Face It TOGETHER	
Digital Ads		Face It TOGETHER			Face It TOGETHER	Face It TOGETHER		Face It TOGETHER		Face It TOGETHER		Face It TOGETHER
Intranet Content			Face It TOGETHER		Face It TOGETHER		Face It TOGETHER		Face It TOGETHER		Face It TOGETHER	
Custom Co-Branded Landing Page on FIT Website	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER
<b>Video</b>												
Custom CEO Video				Face It TOGETHER with Partner								
<b>Events</b>												
Employee Kick-Off Meeting		Face It TOGETHER with Partner					Face It TOGETHER with Partner			Face It TOGETHER with Partner		
Coach Speaker						Face It TOGETHER with Partner				Face It TOGETHER with Partner		
Loved One Brown Bag Lunch			Face It TOGETHER with Partner					Face It TOGETHER with Partner				
Health/Employee Benefits Fair Exhibit						Face It TOGETHER with Partner						
<b>Email</b>												
Email Messages from Company Leaders					Face It TOGETHER with Partner				Face It TOGETHER with Partner			
<b>At Home</b>												
Direct Mail - Loved Ones			Face It TOGETHER									
Direct Mail - Testimonial #1							Face It TOGETHER					
Direct Mail - Testimonial #2											Face It TOGETHER	
<b>Other Workplace Materials</b>												
Info Card about Coaching	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER
Table Tents for Breakrooms	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER	Face It TOGETHER
<b>Primary Responsibility:</b>												
	Face It TOGETHER	Face It TOGETHER with Partner	Partner									



Posters



Direct Mailer



Table Tents



Info Coaching Card



Coaching Brochure



Benefit Card



Digital Ads



Champions/Supervisor Training



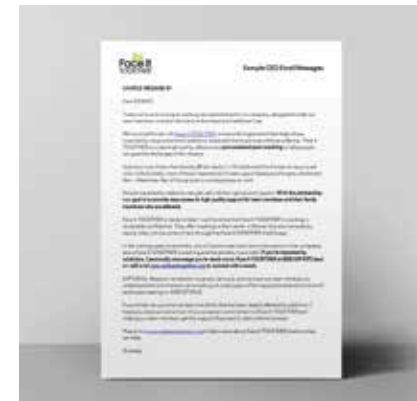
CEO Video



Intranet Content



Stickers



CEO Email