Eat Smart, Move More, Weigh Less

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GENERAL QUESTIONS:

What is Eat Smart, Move More, Weigh Less?

Eat Smart, Move More, Weigh Less is a 15-week online weight management program developed by NC State University and the NC Division of Public Health that is delivered in real-time online by a Registered Dietitian Nutritionist (RDN). It consists of online lessons, online tracking, a program workbook, website with resources, and one-on-one coaching from a trained Registered Dietitian Nutritionist (RDN).

Who can participate?

All benefits-eligible Emory employees.

Can I attend the class on my smartphone, iPad, or tablet?

Yes! You may attend the class on your computer, laptop, smartphone, iPad or tablet. You are not required to have a microphone or a camera in order to participate in the program. All communication on the participant end is done through typing in the chat box on the screen.

Will I be able to attend class using my computer?

Eat Smart, Move More, Weigh Less Online classes are presented through GoToTraining, which is part of GoToMeeting. This software is usually very easy to access on work computers without needing admin access. You will need speakers or earbuds to hear your instructor. You will not be seen or heard during class. Participants are not required to have a microphone or a camera in order to participate in the program. All communication on the participant end is done through typing in the chat box on the screen.

Are class sessions recorded?

Class sessions are not recorded—they are live sessions.

Can my instructor and classmates see or hear me?

No. Sessions are setup so that only the instructor is seen and heard during the live class. Participants are not required to have a microphone or a camera in order to participate in the program.

REGISTRATION AND PAYMENT:

When are classes offered in 2022?

Eat Smart, Move More, Weigh Less classes are held for consecutive 15 weeks unless there is an extension due to a state holiday. Multiple class times will be available for each class series.

Upcoming series dates:

May 23, 2022 – August 29, 2022
September 5, 2022 – December 12, 2022

How do I register to attend classes?

All benefits-eligible employees will be able to join for FREE, at no cost, with the use of a special voucher code that will cover the full cost of the program.

Click here to register using the appropriate voucher code.

Can I attend a class other than the one I am registered for?

You must attend the class session that you select during registration.
Can I transfer to another class?
Transfer requests are allowed during Week 1 and Week 2 of your 15-week series. You will not be able to transfer to another class day/time after Week 2 of your 15-week series.

CLASS MATERIALS:

What materials will I receive?
During the first week of the program, all participants will be mailed an Eat Smart, Move More, Weigh Less workbook and instructions for completing your beginning/ending measurements. Please do not worry if you do not receive your program materials before your first class. Your instructor will review these materials during your first class.

Who should I contact if I do not receive my materials?
Please contact administrator@esmmweighless.com if you have not received class materials by the end of the first week of classes.

GETTING STARTED:

How do I join the class from my computer?

For detailed instructions, GoToTraining has created videos to review how to access the class and features.

1. Click the link in your confirmation email you receive after completing class registration.
2. Follow the directions on the screen and register for the GoToTraining session.
3. Be sure to only enter your First Name and Last Initial (for example, Sarah M).
4. You will receive an email each week from GoToTraining that includes the link you will use to join the weekly class.

You will need headphones, earbuds, or speakers to hear the instructor. You do not need a microphone or a camera in order to participate in the program.

How do I join the class from my mobile device?

1. Download the FREE GoToTraining App through your device’s App Store, Window Store or Google Play Store.
2. Once the app is installed, simply click the link in your confirmation email you receive after completing class registration. You may also open the app and enter the session ID using these instructions.
3. Follow the directions on the screen and register for the GoToTraining session.
4. Be sure to only enter your First Name and Last Initial (Sarah M).
5. You will receive an email each week from GoToTraining that includes the link you will use to join the weekly class.

You will need headphones, earbuds, or speakers to hear the instructor. You do not need a microphone or a camera in order to participate in the program.

Will my class link and password change each week?
No— your class link and password will remain the same for the entire 15-week series.

Are there tutorial videos to show me how to use GoToTraining?
Yes – videos are available with instructions on how to use GoToTraining.
ADDITIONAL QUESTIONS:

Can I earn an incentive towards my Emory Medical Plan?

No, this program is not eligible for a medical incentive. However, there are several other Healthy Emory programs available that offer an incentive towards your Emory Medical Plan.

How does Emory use my individual information from this program?

Emory uses your individual information to determine eligibility for rewards and prizes. This information is also used for program evaluation purposes.

Who sees the program data?

Data is reported for participants who complete the program and fill out an evaluation. All data provided to Emory will be de-identified and aggregated.

My question is not on this list. How can I get it answered?

At any time during the program, contact HealthyEmory@Emory.edu.