



HEALTH IN MOTION

Encourage healthy lifestyles for your kids.

 sharecare

Be Well SHBP

BeWellSHBP.com

888-616-6411

WHAT IS HEALTH IN MOTION?

Be Well SHBP offers Health in Motion, an online interactive tool designed for children between the ages of 10 - 18 (grades 6 - 12), which focuses on promoting healthy lifestyles and behaviors that are known to prevent obesity. The online program uses animation, videos, audio, and interactive activities to engage youth to learn how to be active and eat healthy—for now and for the rest of their life. The program is designed to help youth adopt three specific behaviors, critical for obesity prevention:

- Increasing physical activity
- Eating more fruits and vegetables
- Reducing screen time

The best part is that the messages are personalized to them – based on their answers and how ready they are to make changes. It works with them at their state of change and are taught about the stages of change in terms that are meaningful to them. Youth in early stages aren't pushed to make dramatic changes quickly; whereas, those in later stages are offered expert advice on strategies to maintain their behavior.

The parent sets up the initial registration and then the child takes it from there. Periodic emails to the parents help them to support their child's progress and to keep them interacting.

FAMILY WELLNESS GUIDE

Health In Motion also provides a family well-being guide to accompany the online program. This short guide, available in PDF, offers parents:

- Information on critical behaviors for promoting energy balance and preventing obesity among children including physical activity, fruit and vegetable consumption, and limited TV viewing.
- Family members are offered guidance on assessing how ready their child is to meet national guidelines for these behaviors.
- Tips for encouraging healthy lifestyles at home are offered.

Use the guide in connection with the online Health In Motion tool or just by itself. To download your copy, visit BeWellSHBP.com.

Health In Motion FAQs

HOW DOES HEALTH IN MOTION WORK?

Once your child is logged into the program, they will answer some questions and then receive personalized strategies on starting or keeping up their healthy behaviors. All guidance is matched to how ready they are to do the behaviors. The program includes audio, graphics, and videos to help youth be engaged while learning how they can make healthy behaviors a part of their life.

WHAT AGE DOES MY CHILD NEED TO BE TO PARTICIPATE?

The program is available to youth between the ages of 10 - 18 (grades 6 - 12).

MY CHILD ISN'T OVERWEIGHT. WHY SHOULD HE OR SHE USE IT?

The program gives personalized guidance on how to start and keep up regular physical activity, eating enough fruits and vegetables, and limiting screen time. It's for all youth between the ages of 10 - 18, regardless of weight, current behaviors or risk factors.

HOW DOES MY CHILD SIGN UP FOR HEALTH IN MOTION?

In order for a child to register, a parent must first sign up and create a username and password for their child. To sign up for Health in Motion visit **BeWellSHBP.com** and go to the Health Coaching and Support page. Then click the Health In Motion Log In button under Resources for Families and follow the instructions.

WHAT AREAS DOES THE PROGRAM FOCUS ON?

The program is designed to help youth adopt three specific behaviors, critical for obesity prevention:

- Increasing physical activity
- Eating more fruits and vegetables
- Reducing screen time

WHAT DOES HEALTH IN MOTION COST?

Health in Motion is confidential, voluntary and offered at no cost to you since it is part of your plan benefits.

ONCE MY CHILD IS ENROLLED, WHERE DO THEY GO TO LOG IN?

After you enroll your child, they can log in to Health in Motion as a returning user using the link at **BeWellSHBP.com**.

HOW LONG DOES IT TAKE?

Health In Motion takes around an hour. Youth can navigate through the program on their own and at their own pace.

This information is intended to provide a general overview of some important benefit information. While every effort has been made to make the information here as complete and accurate as possible, SHBP's benefit plans are fully detailed in separate legal documents and are governed by certain Georgia laws, regulations of the Department of Community Health, and resolutions of the Board of Community Health. In the event of any inconsistencies between these materials and the plan documents, laws, regulations, or resolutions, the terms of the plan documents and the governing laws, regulations, and resolutions will control as applicable. The Department of Community Health reserves the right to amend, modify or terminate its benefit plans or services at any time in its discretion.

Sharecare administers the Be Well SHBP well-being program for the State Health Benefit Plan. © 2017 Sharecare, Inc.