



This document helps review each section of My Viva Plan in greater detail and the reason it was created.

Section	Description
Sign-up process	
Baseline assessment	<p>In order to measure progress, our clinicians collect data when users sign up to determine their current state of habits. Lifestyle habits are at the heart of preventing obesity, diabetes, and heart disease. We ask users a panel of questions and show them how their behaviours are helping add to or take away from their overall health.</p>
User profile	<p>In the profile section the user provides health related data which is used to calculate the amount of calories required to achieve their nutrition targets and their weight goals. Client journeys are based on the medical history of users and their weight goals. We have built customized journeys for weight loss, obesity, pre-diabetes, diabetes, high blood pressure, high cholesterol and general healthy eating. Users will receive weekly lessons in our coaching feed that help guide them along their journey. Blood sugar, A₁C, cholesterol and blood pressure measurements are requested to determine progress throughout the program.</p>
My Mind, My Nutrition and My Fitness sign-up	<p>Once the user completes the baseline assessment and sets up their profile, they are then taken to the My Mind tutorial. Our program is very in-depth and is built with a fundamental understanding of behaviour change.</p> <p>The My Mind section tutorial starts off by getting the user to do their stress assessment which is a validated tool built by our psychologist. It assesses how stress is impacting 6 key areas: behaviours, mindset, sleep, self-care, body and relationships. This is not a clinical diagnosis but rather an applicable tool to help users understand how stress appears in their life and how they are coping at that particular time. Since stress levels vary with time, users are asked to complete a stress assessment on a quarterly basis.</p> <p>Users are then asked what health outcomes they want to achieve and what mental health challenges they would like to work on and what goal they would like to set with respect to their mental health. They are then asked to spend the first week doing their daily reflections so they can start to visualize how they are behaving and feeling with respect to their self-care. This awareness is critical to help understand their challenges and set clear goals on what they want to work on.</p>



	<p>Once the user is done the My Mind set-up process, they are given access to the My Mind section of the program. The nutrition and fitness sections remain locked until the user completes the sign-up process for each of these sections. This helps manage the volume of information provided to the user at one time and also gets the user to focus on creating self-awareness which is essential in creating sustainable goals and achieving health outcomes.</p> <p>We incorporate a client centered approach with our program and therefore give the user the choice of whether they wish to focus on their nutrition or fitness next.</p> <p>The nutrition set-up guides the user to select their meal plan settings, asks what nutrition challenges they are having and what goal they want to work on related to their nutrition.</p> <p>The fitness set-up guides the user to select their workout plan settings and asks what fitness challenges they are having and what goal they want to work on related to their fitness.</p> <p>Once they are completed each of the sign-up processes the user is granted access to that particular section of the program.</p>
<p>My Mind</p>	
<p>Reflections</p>	<p>Embedded in cognitive behavioural therapy, our reflection section includes questions to help build self-awareness. Self-awareness has been shown to increase self-esteem, self-confidence, increase engagement with self-care, reduce anxiety and feeling of depression, increase happiness and overall quality of life. Users are asked simple questions to collect data to help them understand what is going on in their world. This takes 1-2 minutes.</p>
<p>Progress</p>	<p>All data from the progress section is uploaded to the progress section for users to assess their weekly, monthly, quarterly and yearly results. Being able to look at this data helps the user start to connect how their actions impact their successes. It also helps them to see how health is interconnected. How they think impacts what, when and how much they want to eat. This in turn impacts how/if/when they want to move their body. All of this impacts how they manage stress and how they sleep. And finally, it affects how they interact with others and how productive they are at work/school.</p>
<p>Stress assessment</p>	<p>Our registered psychologist has created and validated our stress assessment that looks at 6 key areas: behaviours, mindset, sleep, self-care, body and relationships. The assessments are done at baseline and then again on a quarterly basis. Many clients</p>



	complain they are stressed but have no tool to be able to help them determine how stress is showing up in their life. This isn't a clinical diagnosis but an awareness tool to help them see how stress is affecting them.
Relationships	Built by our registered psychologist, this section addresses education around relationships. Focusing on key areas that can help users identify areas that are impacting their relationships including communication skills, building self-awareness, building confidence, setting boundaries and managing emotions.
Meditation	Our meditation instructor has created meditation practices to help users practice mindfulness to help calm their mind. The practices vary in length and focus.
Goals	Our goal section is intended to help get users focused on creating a health journey and give them some structure. We know setting goals increases the likelihood of success if they set SMART goals. We also assess the motivation to achieving their goals to help ensure they are ready, confident and find the goal important to them to achieve. Goals are reviewed on a monthly basis to assess progress.
My Nutrition	
Meal Plans	Our team of registered dietitians built balanced meal patterns specific to preventing and treating obesity, diabetes and heart disease and general healthy eating. We use validated formulas to determine energy requirements for users. Meal patterns are created for all users and the user then gets to determine if they want to build their own meals or have us build them for them. Our meal plans can be accommodated for the most commonly diagnosed allergies including dairy, gluten, nuts, eggs. We also create vegan and lacto-ovo vegetarian meal patterns. These are all individualized for weight outcomes. All carbohydrate choices have 15g of carbohydrates to support glycemic control.
Build a meal plan for me	If the user chooses this option our dietitians have created balanced meal plans and allow the user to change the meals and snacks for their personal preferences.
Build my own meal plan	If the user chooses this option, they take the number of portions of food groups we have mapped out for them and choose the food items to have. This gives them more control over building their own meals. They can add any meal to a favourite which helps make future meal planning easy. Once the meals plans are created, they can print them out for the week.
Recipes	Our in-house chef and dietitians have created healthy nutritious recipes that help show people how to cook with foods and add flavours without adding excess fat, salt and sugar. Our focus is to show balance and moderation and to help reduce the fear users have with cooking and trying new foods.



Vivapedia	We have created our own in-house encyclopedia for nutrition information. Foods and nutrients are investigated by our dietitians. We share the science behind nutrients and food to help bring awareness to the power nutrition has on health.
Grocery shopping list	Once users have finished building their individualized meal plan, all foods will be automatically generated onto a smart grocery list and categorized per section of grocery store. This helps increase efficiency for the client as they meal plan. The meal plan can also be upscaled for multiple family members to encourage ease of planning and balanced eating as a family.
My Fitness	
Fitness Plans	Our team of kinesiologists have created workouts to help get individuals active. Our fitness program is designed to create workout plans that utilize the whole body and incorporate movements that are functional and enhance daily living. We used modular engineering building strategies to build our algorithms which will allow us to build programs to support specific injuries.
Build a fitness plan for me	Our kinesiologists have created algorithms that will create 6-week workout plans for individuals depending on their level of fitness and the equipment they have available. It will also create workout plans for individuals who do not have any equipment available. The programs include both cardio and strength training to produce well rounded workouts.
Build my own fitness plan	Users or their fitness trainers can create their own 6-week workout plan customizing their strength training and cardio program and build a 6-week workout plan.
My Viva Yoga	Our certified yoga instructor has built varying levels of yoga to including for our users.
Coaching	
Wellness Journey	The journeys are based upon the users health concerns and health goals. We currently have journeys focused on obesity, dyslipidemia, diabetes, high blood pressure and weight loss. They will receive ongoing content on a weekly basis to help them achieve their health goals. This content includes printable and video resources, blogs, tips, etc. created by our healthcare team. Once they receive these tips, all this content stays within the coaching section of our program for the user to refer back to it when they need it.
Mental Wellness Coaching	We offer virtual mental health coaching with private practice psychologists or can easily direct users to their current mental health support programs (public or private).
Fitness Coaching	We offer virtual fitness coaching with private practice kinesiologists or can easily direct users to their current fitness support programs (public or private).



Nutrition Coaching	We offer virtual nutrition coaching with private practice registered dietitians or can easily direct users to their current registered dietitian support programs (public or private).
Library	
FAQs	This section is broken down into My Mind, My Nutrition, My Fitness and General. Within each section we address some questions surrounding the purpose of the program and what sets us apart from others.
Printables	All printable resources sent through the coaching chat will be located in the printable section of our library for users to be able to refer to over time.
Videos	All video resources sent through the coaching chat will be located in the printable section of our library for users to be able to refer to over time.