

Virtual Implementation Guide

We're excited to help you bring healthy living to your community through our educational experiences.

Healthyfor Life® is a community-based nutrition and wellbeing program created by Aramark and the American Heart Association that focuses on empowering people to make healthier food choices. The program incorporates interactive components such as cooking demonstrations with healthy shopping workshops to equip individuals with new skills for healthy living. The sessions can be offered in small groups or through a virtual platform.

Here are some tips to consider if you plan to offer through a virtual platform.

Facilitator Preparation:

- Get familiar with the online platform you have selected.
- Create instructions for participants in case they are new to the tool.
- Ensure meetings are secure by requiring a login password.
- Recruit someone to serve as the technical support and trouble shoot, if needed.
- Engage participants using tools like polls or breakout rooms keeping the session interactive.
- Keep the size of the group manageable, allowing for active participation. Suggest 25 individuals.
- Provide supplies and handouts ahead of time. Options may include pick up, drop off, or ship to participants.
- Offer incentives such as gift cards to encourage arriving on time and/or incentives upon completion.
- Send email and/or text reminders.
- Practice. Practice. Practice.

Participant Preparation:

Host an initial session to show participants how to login and use key features.

This might include:

- How to mute/unmute and how to connect to audio from a computer or call in on a phone.
- How to turn the camera on/off. Explain that if it's off and the screen is black, the leader cannot see them.
- Share how to post comments and send private message to the leader.
- Change the view from speaker view to gallery view.
- Show how to contact support person for technical assistance.

