



4-Week Health Challenge FAQ

How do I book and join appointments?

Virtual appointments will occur on Zoom. During week 1, you'll schedule your Evaluation. Weekly Follow Ups will occur during weeks 2, 3 and 4 of the Challenge. Repeat Participants will schedule a weekly Follow Up weeks 1-4. Upon booking your Evaluation appointment, a form link will be emailed to you. Please complete the form prior to your first appointment. During your Evaluation, you and your coach will come up with a schedule for your weekly coaching appointments. These will be your personalized training sessions where your time will be spent working toward your goals and creating a personal health plan customized for your needs and lifestyle.

How to book appointments:

- Option 1: From a computer, here is link to [Book a Challenge Appointment](#)
- Option 2: On a phone, download our [Mirbeau Balanced app](#). First time, click "Forgot your Password" to complete set up. Once in the app, go to *Book* then *Appointments* and click *Health Challenge*.

How to join appointments:

- Option 1: To join directly, please use this [Join Link for Challenge Appointments](#)
- Option 2: To join using meeting ID, visit <https://zoom.us/join> and enter 7285502602

What will the weekly virtual group call consist of?

The weekly group calls will be customized to the private group that is participating in the Challenge to provide an added element of support, which has been proven to be helpful in providing additional motivation to continue moving forward in the process of achieving health goals. The weekly calls will be a combination of mindfulness-based exercises and there will also be opportunities for participants to engage as they feel comfortable. The 50-minute weekly group calls will occur on Wednesdays 7:00pm.

How do I sign up for the weekly group call?

The weekly group call will occur on Zoom. To receive the join link, you will need to pre-register. A link will be emailed to you 30 minutes prior to start time (please be sure to check your spam folder). To start, download our [Mirbeau Balanced app](#). First time, click "Forgot your Password" to complete set up. Once in the app, go to *Book*, select the class *ZOOM Challenge Call* and click *Book*.

How do I sign up for other live-stream classes and view the on-demand library?

As a bonus, you also receive unlimited access to over 70 live-stream classes offered 7-days-a-week plus our entire video-on-demand library for the duration of the Challenge! These classes include a variety of Strength, Yoga, Tai Chi, Pilates, Barre, Balance, Mobility, Cardio Tone as well as specialty classes like Low Impact Cardio and Pelvic Conditioning. You will pre-register for these live-stream classes just as you will for the weekly group call and receive the join link 30 minutes prior to start time. To view our video-on-demand library, click the 'Video' tab within the Mirbeau Balanced app.

What if I need to reschedule my appointment?

We request 24-hours' notice to reschedule. A \$10 no-show fee will be charged for missed appointments.

We look forward to getting to know each of you and helping you achieve your goals!