

LifeDojo - FAQs

Q: What is LifeDojo?

A: LifeDojo is a program that allows you to design your own 12-week behavior change program with the support of a personal health coach and evidence-based resources at your fingertips. Choose your habit. Choose your goal. Make your change.

Q: How do I get started?

A: You can sign up and register for your free LifeDojo account using your Adobe credentials via SSO. LifeDojo can be accessed via computer or any mobile device.

From your computer:

1. Go [here](#)
2. Enter your adobe.com email address and click **Next**
3. Click **Log in** with Okta
4. Enter your Adobe email and password and click **Sign in**
5. Enter your time zone and phone number (optional) and click **Continue**
6. Next, you will be prompted to download the LifeDojo app to your mobile device. Skip below for download instructions. To continue on your computer, click **download later and continue**
7. Follow the prompts to choose your 12-week program and get started!

From your mobile device:

1. Download the LifeDojo app: search for **LifeDojo** on the App Store or Google Play
2. Open the app, click **Next** to scroll through the introduction and click **Log In** when finished
3. Enter your adobe.com email address and click **Next** to be taken to the Okta login screen
4. Enter your Adobe email and password and click **Sign in**
5. Enter your time zone and phone number (optional) and click **Continue**
6. Follow the prompts to choose your 12-week program and get started

LifeDojo access ends June 30, 2024

Q: When will access to the LifeDojo platform end for myself and my +1?

A: After June 30, 2024, you will no longer have access to the platform.

Q: When is the last date to start a 12-week habit change program?

A: The last day to start new 12-week habit change program and complete it before your access ends is April 6. You may begin a program after this date, but you will not be able to complete it.

Q: Can I continue working with my coach after my access ends?

A: Access to your LifeDojo coach will end on June 30, 2024. If you wish to work with another wellbeing coach, you can use the [Wellbeing Reimbursement Program](#) to help cover the cost.

Q: Are there other benefits that can help me reach my wellbeing goals?

A: Yes! Visit the [Physical Wellbeing](#) and [Emotional Wellbeing](#) pages on Inside Adobe to learn about other available resources.

Q: Can I work on more than one habit at the same time?

A: You can only work on one habit at a time. Research shows that focusing on one singular habit will increase your chances of success!

Q: What if I want to change my habit?

A: We are all about choice, so if you find that you didn't pick the right habit, we encourage you to try a new one! Our coaches are happy to assist you with any endeavor you wish to pursue. If they know another coach might be a better fit for the new habit you are trying to work on, they'll refer you. And if you change your mind later and want to go back to the earlier habit, you can.

Q: Why 12 weeks?

A: LifeDojo is science-based, and research shows that 12 weeks is a sweet spot for building a new habit and making your new habit become *automatic*. This amount of time allows you to think less about your habit as it comes more naturally and is integrated into your life.

Q: Is the program available after the initial 12 weeks?

A: Yes! After you've worked on a habit for 12 weeks you can try a new habit!

Q: What happens after 12 weeks?

A: After 12 weeks, your habit program ends, and you are able to start a new habit.

Q: Who are your coaches?

A: LifeDojo coaches are selected from diverse backgrounds to meet the unique needs of clients. All coaches have specialized training in the health field. Coach backgrounds include masters-level trained psychologists and social workers, registered dietitians, personal trainers, certified health coaches, and more. Many of our coaches have a combination of backgrounds that allow them to provide personalized, research-informed coaching. Coaches are located all over the globe and clients can choose from a variety of coaches when joining the program to ensure the best fit for their needs.

Q: Do I have to work with a coach?

A: Our program is completely choice-based; you can choose your habit and your coach. Whether or not you choose to work with a coach is completely up to you. However, we have found that those who do tend to be more successful than those who do not.

Q: How much does coaching cost?

A: Expert coaching is included in your LifeDojo program at no cost to you. Though it is optional, users who choose to engage with their coach regularly are typically the most successful with the program and with achieving long-term positive behavior change.

Q: Is coaching confidential?

All coaching interactions are confidential. Your name and any other identifying details about you will not be shared.

Q: What is the best way to contact a coach?

A: Our talented coaches can be reached through 1:1 chat, 15-minute phone sessions, or through group chat. You choose what works best for you. Some clients enjoy having a 15-minute call every week to explore their progress in depth, ask questions, and have someone help them stick to their habit. Some clients prefer chatting with their coach within the app or online, asking questions and sharing updates whenever they choose. Others prefer the community feel offered by chat groups, which include a coach. Groups are a great way to connect with others who are implementing new healthy habits just like you. It is a way to share challenges and successes, learn how your coworkers are using the program, and get advice from your colleagues as well as a coach who moderates and facilitates the discussions.

Q: What if I want to change my coach?

A: Our whole offering is based on choice. We encourage you to find the right coach for you, and hopefully grow and develop a relationship with them throughout the program. You might form a relationship with one coach for physical exercise, but another for meditation. You're free to switch back and forth depending on the habit you're working on.

Q: What are group chats?

A: Group chats are an opt-in function of our application. Some clients are more successful when they know other Adobe colleagues and +1s are working on similar habits. Sometimes this creates a playful, competitive environment, and sometimes this creates a serious, reinforcement environment. Our coaches gently guide the conversation toward the most productive route.

Q: How long are phone sessions and what is typically discussed?

A: Phone sessions are 15 minutes long. During your sessions, your coach can help you reflect on how to create an environment to optimize success, build ways to hold yourself accountable, explore motivation and desired impact, or simply answer questions along the way. You can learn more about health, wellness, behavior change, or get objective input on things you're going through at work or home.

Q: How often do I receive notifications from the app?

A: We have push notification settings within the application that you can customize. By default, you get notifications every time your coach sends you a message or there is new content for your habit selection. You can turn this on or off as desired. We also send a reminder email if a message hasn't been replied to in a while (to help keep you on track), but this can also be disabled.

Q: How is my data used with LifeDojo?

A: LifeDojo uses your *deidentified* survey data and activity to assess the impact of the program and to make sure our users are getting the most out of it.

Q: Can I use my own email address?

A: No, the program requires you to log-in via Okta's SSO using your Adobe email credentials.

Q: Who is eligible to invite a +1 to LifeDojo?

A: All regular employees and interns can invite a +1.

Q: How do I invite a +1 or change my +1?

A: To add your +1:

1. Log on to [LifeDojo](#) from your desktop browser or mobile app.
2. Click on the **Profile** icon in the top right corner.
3. Click on **Invite Plus-One User**.
4. Enter your plus-one's email address and select **Continue**. Your plus one will receive an invitation to join LifeDojo via email.
5. Click the back button to return to your Profile screen.

To edit or rescind your +1:

1. **Log on** to LifeDojo from your desktop browser or mobile app.
2. Click on the **Profile icon** in the upper right corner of your home screen.
3. Click on **Invite Plus-One User**.
4. Select **Rescind Invitation**.
5. Confirm this action by selecting **Yes, Rescind Invitation**. Your plus-one user will be notified via email.

Q: Who do I contact if I am having trouble?

A: We're sorry to hear you're experiencing issues! Please reach out to support@lifedojo.com and we will get back to you within 2-3 business days.