

LifeDojo - FAQs

What is LifeDojo?

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.

How do I get started?

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

'Feel Your Best' Quest FAQs

How do I participate in the 'Feel Your Best' Quest?

Employees who start their LifeDojo program by July 24 will be automatically enrolled in the LifeDojo 'Feel Your Best' Quest. Employees who complete the quest will be recognized with a chance to share their story and entered into a drawing to win 1 of 5 grand prizes!

It's easy to participate:

- Download the LifeDojo app or log in via your browser on any device to choose your habit and design your program
- Begin your personalized habit-change program by July 24, 2020
- Complete at least eight of the 12 weeks of your personal program by September 11, 2020

Employees who successfully meet the above criteria will be contacted in September.

What if I missed the deadline to join the 'Feel Your Best' Quest?

It's okay! You can begin your personal 12-week habit change program at any time. There will be other opportunities to participate in quests in the future.

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

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

What if I want to change my habit?

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.

Why 12 weeks?

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.

Is the program available after the initial 12 weeks?

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

What happens after 12 weeks?

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

Who are your coaches?

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.

Do I have to work with a coach?

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.

How much does coaching cost?

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.

What is the best way to contact a coach?

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.

Is coaching confidential?

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

What if I want to change my coach?

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.

What are group chats?

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

How long are phone sessions and what is typically discussed?

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.

Can my spouse/family participate in LifeDojo?

LifeDojo is only available to eligible Adobe employees at this time.

How often do I receive notifications from the app?

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.

How is my data used with LifeDojo?

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.

Can I use my own email address?

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

Who do I contact if I am having trouble?

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.