



## CREATIVE ENGAGEMENT

Challenging Your Employees To  
Challenge Themselves

## CORPORATE CHALLENGE SYSTEM

Nothing motivates people like challenges. When these are applied to wellness categories like weight loss, nutrition, stress, and fitness, the increased engagement leads to lower weight, healthier hearts, and more productive days.

Our challenge system includes week by week coaching, resources, tracking, team creation, and team vs. team competition to keep users motivated and engaged.



### DATA

Charting, reporting, and analysis occur on a number of levels.

Employees are able to plot their activity over time. They can compare this to the top performers in the challenge, their team, among teams, and across the entire company.

Administrators from the company can check in on the entire population to see metrics on programs, challenge categories, and featured challenges. This admin portal allows companies to assign incentives based on challenge completion by confirming completion for any employee.



### PROGRAM FEATURES

Employees are offered an array of challenges within four wellness categories: stress, nutrition, weight loss, and fitness.

Within each challenge, employees are able to invite coworkers to form teams in order to encourage and motivate one another.

Different teams within a company can compete against each other to make wellness fun and add the element of competition to your wellness approach.

The challenge system is customizable. We can run corporate-wide challenges customized to your wellness goals for the month, quarter, and year.



### GLOBAL PLATFORM

All challenges can be delivered in any language. This would allow us to provide the same wellness challenges, coaching, and reporting for any site location.

This would also create an opportunity to have programs and initiatives that tie international company locations together.

All groups could compete and compare data, while interacting with employees in ways they were never able to before.