

STIMULATE A SENSE OF CURIOSITY & ADVENTURE!

Well-being campaigns and challenges help participants develop new habits in all dimensions of wellness: EMOTIONAL, PHYSICAL, SOCIAL, FINANCIAL and SPIRITUAL.



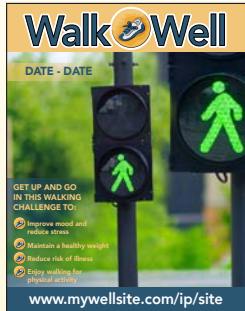
STEP-BASED CHALLENGES

Encourage movement through virtual adventures themed with motivating ideas to incorporate **PHYSICAL ACTIVITY** into daily life.



National Parks Adventure

Draw on the excitement of learning about national parks and historic sites.



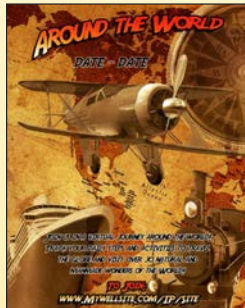
Walk Well

Get up and go exploring ways to incorporate enjoyable daily walks.



Amazing America

Experience the splendor of the beautiful USA from the east coast to the west.



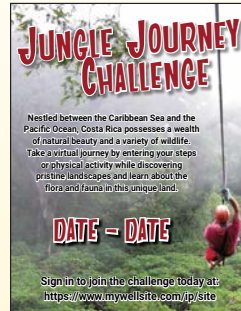
Around The World

Journey around the globe visiting natural wonders of the world.



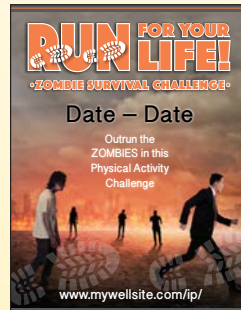
Rock Your Way To Wellness

Music is the motivator to movement visiting members of the Rock and Roll Hall of Fame.



Jungle Journey

Tour amazing sites of waterfalls, beaches and exotic plants of Costa Rica.



Run For Your Life

Zombie Survival Challenge.



Get Fit Crime Mystery

Steps unlock clues to solve the mystery.

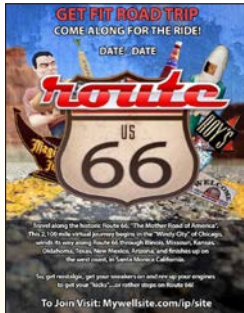
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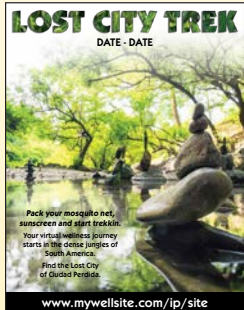
Get Fit Road Trip

Explore the landmarks along the famous Route 66.



Iceland Adventure

Thundering waterfalls, dazzling glaciers and exploding geysers await.



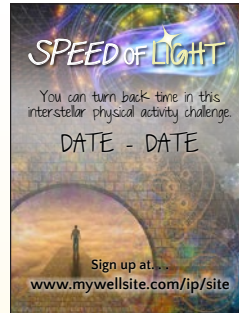
Lost City Trek

Physical activity guides this journey through dense jungles of South America.



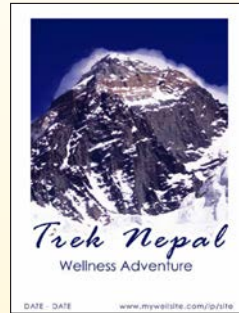
Oh What Fun Healthy Holiday

Combat stress while visiting famous holiday places.



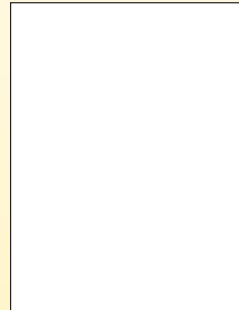
Speed of Light

Practice behaviors that slow aging while unlocking the secrets of time travel.



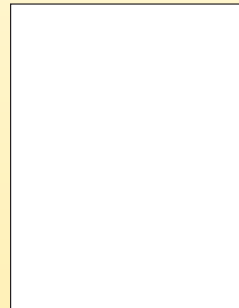
Trek Nepal

Explore the foothills of Mount Everest.



Lights, Camera, Action

Entertain your senses visiting filming locations of the movies we adore.



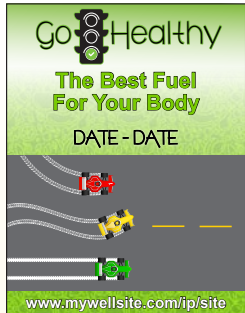
Expedition Conservation

Protecting wildlife, public lands and waters of the National Wildlife Refuge.

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WELL-BEING CHALLENGES/CAMPAIGNS Practice healthy behaviors that boost self-care, incorporate mindfulness, and inspire balance.



Go Healthy

Race to the finish line in this healthy eating challenge.



Maintain Don't Gain

Celebrate the season sensibly.



Eat The Rainbow

Colorful fruits and vegetables make a rainbow with 5 daily servings.



To Time Like The Pleasant

Quiet the noisy mind and discover the power of now.



One Month Madness

Step right up to the greatest healthy eating challenge on earth!



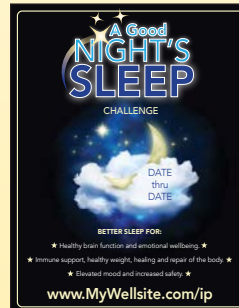
Relationships Matter

Social wellness to foster connection.



Lose Yer Booty

Weigh-in for this Pirate Adventure.



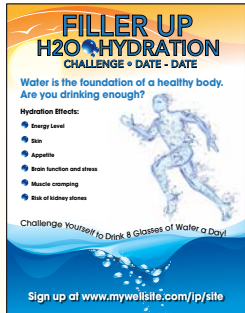
A Good Night's Sleep

Count sheep and aim for a better night's sleep.

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Filler Up
Hydration challenge.



Wind In Your Sails
Relieve stress and invigorate your life.



Beat The Flu
Don't let the flu get you.



Good Cents
Financial wellness.



The Road To Resilience
Bounce back sooner from life's ups and downs.

PER CHALLENGE PRICING

ELIGIBLE EMPLOYEES	BASE CHALLENGE	USERS INCLUDED IN PRICE	PRICE PER USER OVER THOSE INCLUDED
100 - 499	\$1995	100 users	\$7/user over 100
500 - 999	\$2495	150 users	\$7/user over 150
1000 - 2999	\$2995	250 users	\$6/user over 250
3000 +	\$3495	400 users	\$4/user over 400

ALL CHALLENGES INCLUDE: OPTIONAL SERVICES:

- Marketing Flyer
- Promotional Video
- Weekly health tip messages
- Real-time incentive reporting
- User support
- Social message boards
- Options for individual or team challenges
- Fitness device/app integration: \$750/challenge or \$2500 for the year.
- Prizes/incentives and fulfillment: Call for pricing.
- Custom challenge creation: \$150/hr.
- Annual Portal Available. Call for pricing.