



ONLINE WELL-BEING CHALLENGE

BREAK OUT OF YOUR SHELL

Move outside your comfort zone by trying new and unique experiences.

CHALLENGE TYPE: Intellectual Wellness

MEASURED GOALS: Points

DURATION: 4 weeks

TRACKING: Watch videos and try new activities.

CHOOSE: Team-based or individual challenge

INCLUDES:

- Weekly health tip emails to engage
- Challenge promotional flyer/poster in electronic format
- Promotional video
- Real-time reporting
- User support

OPTIONAL SERVICES: Incentive items/prize drawing ideas:
journal, e-gift card

