



ONLINE WELL-BEING CHALLENGE

There Is No Time Like The Pleasant

Engage in simple relaxation techniques to recharge.

CHALLENGE TYPE: Stress Management

MEASURED GOALS: Points

DURATION: 4 weeks

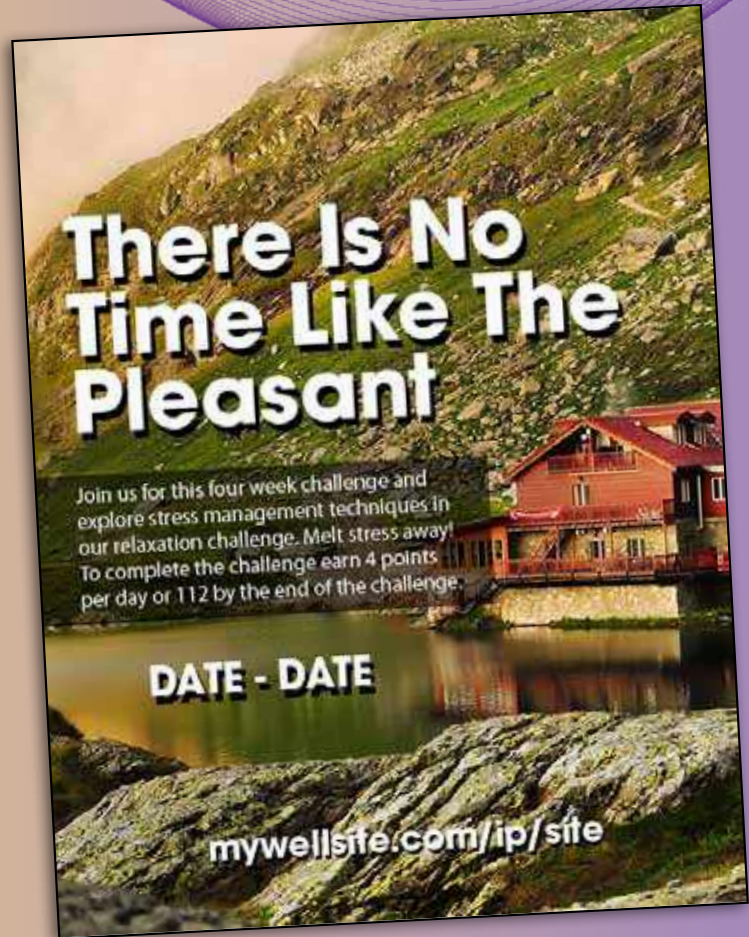
TRACKING: Deep breathing, short walks, laughter, acts of kindness.

CHOOSE: 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: eye pillow, stress balls, massage kit, diffuser, bath kit



HEALTH
HARMONY