



# ONLINE WELL-BEING CHALLENGE



Maintain good oral health and a winning smile.

**CHALLENGE TYPE:** Dental Health

**MEASURED GOALS:** Points

**DURATION:** 4 weeks

**TRACKING:** Brush, floss and choose sugar-free snacks.

**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: water pik, electric toothbrush

