

Employee Wellness Programs

*Evaluate, Educate
and Engage.*

Creating A Culture of Well-Being

Balanced Wellness





Evaluate.

First things first...Evaluate

Before we know where we are going, we first need to determine where we are. Assessing the current corporate culture... as well as the well-being of each employee is paramount to getting started on the right foot.

Educate.

Next up...Education

In the wellness world, knowledge is king. Through webinars, workshops, and online learning modules we equip your workforce with the tools necessary to succeed in creating a better self – body, mind and spirit.

Engage.

One, Two, Go!...Engagement

Buying into the program is half the battle. If your people are simply going through the motions, we're not doing our job. Same true with the company. Your company must see the vision and believe in its worthiness.



Balanced Wellness





The benefits of being well.

Corporate Benefits

First of all, you get to look like “the Good Guy.” Which helps in both recruitment and employee retention. Second, study after study shows that participation in a company-wide employee wellness program results in fewer absences, lower healthcare costs, and increased productivity.

Employee Benefits

We nurture the body, mind and spirit; resulting in a happier, healthier and more content employee. We can help lower blood pressure and cholesterol, as well as positively impact weight loss efforts, often staving off diabetes and other chronic illnesses. All this leads to increased energy, and increased performance.

Balanced Wellness



Changing Corporate Cultures, One Happy Employee at a Time.



Our Coaching Staff

Everyone is different when it comes to learning. That's why we have compiled a diverse coaching staff - ensuring we've got the right approach for each of your employees.

Technology that delivers...CoreHealth

Our wellness portal, CoreHealth, is the digital cornerstone of our wellness program. Designed to be accurate, informative and motivational, CoreHealth, lets the employee and the employer follow individual performance.

Workshops and Health Programs

In addition to a catalog of over 100 ready-to-go workshops, we know that sometimes one size does not fit all. Our customizable workshops are designed to address specific challenges and are result-driven, and available on-site, online, or a hybrid of both.

Challenges and Incentives

Everyone appreciates a challenge...and a reward. We develop incentive programs that truly "fit" – and motivate. Our seasonal challenges keep things fresh and exciting.

Pricing

We have a host of pricing packages that allow you to build-your-own wellness program.

Contact us for more details.

Balanced Wellness



Well-Being Challenge Catalog

Physical Activity Challenges

Balanced Wellness



Get Fit on Route 66

Track daily activity and take a ride along the historic Route 66. Tracing the actual route from Chicago to Santa Monica, participants will have fun exploring the historic landmarks along this fabulous stretch of highway.



Rock Your Way to Wellness

Track daily activity, while visiting the birth places of some of our favorite members of the Rock & Roll Hall of Fame! Along the way, you'll be presented with 5 milestones featuring Rock & Roll Trivia questions.



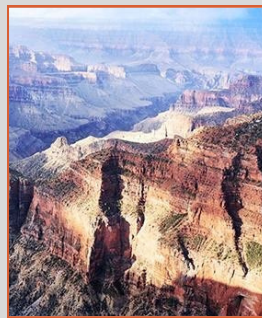
Around the World

Grab your compass and map and get ready for an epic journey around the world! In the Around the World Challenge, you'll travel around the globe by entering in everyday activities. Along the way, you'll visit the Seven Wonders of the World along with many of the Natural Wonders, Modern Wonders, and Architectural Wonders!



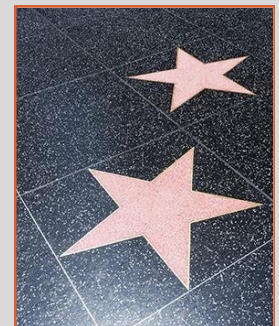
Cross Canada Fitness Adventure

From a bike ride along the scenic shores of PEI, to paddling the crystal-clear waters in Banff National Park, or hiking to the top of the world in the Yukon, this cross-nation expedition has it all. Experience some of the splendor that Canada's National Parks have to offer in this virtual challenge and step up to see what you have been missing.



Amazing America Fitness Expedition

From a lobster dive on the East coast, to Yosemite National Park, clear to salmon fishing in the Pacific, this virtual journey has it all. Experience some of the splendor the beautiful USA has to offer in this activity-based/steps challenge.



Hollywood Stars Walk to Fame

This 8-week activity challenge is designed for active people (over 10,000 steps/day). Starting in New York and finishing in Los Angeles, the Walk of Fame challenge travels through famous academy award winning Actors' hometowns, sharing points of interest along the route.



Well-Being Challenge Catalog

Physical Activity Challenges (cont.)

Balanced Wellness



Lost City Ciudad Peridida Trek

Track daily steps, or minutes of physical activity, to take a virtual journey to the Lost City or *Ciudad Perdida* in the jungles of South America! As you log daily activity, watch the map to see personal progress across and through the jungle all the way to the Lost City itself.



Tour de France Challenge

You don't have to be a cyclist to partake in the Tour de France Challenge. Track daily activity to see progression along the Tour de France route.



Twas the Night Before Christmas

Watch for the mop pop-ups along Santa's route to learn about how different countries around the world celebrate the Christmas holidays!

*Available only in English.



Trek Nepal Wellness Adventure

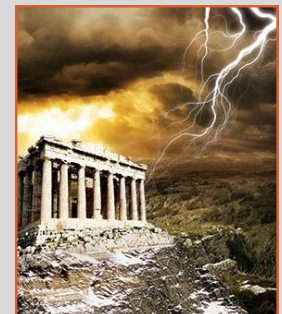
Track daily steps or minutes of physical activity to take a virtual journey through the Himalayan country of Nepal, all the way to the summit of Mt. Everest!



Get Fit Crime Mystery Challenge

Scavenger Hunt

A piece of sporting equipment has been stolen! Can you figure out what was stolen before the end of the challenge? participants track their daily activity to receive clues in this fun scavenger hunt. Along the way, you'll learn fun facts about Crime Solver extraordinaire, Sherlock Holmes



Race to Mount Olympus

Log daily steps or minutes of physical activity to take a virtual journey through the Creek countryside to Mount Olympus! Daily points add up to move you across the map - racing the Greek Gods as you go!





Nutrition Challenges



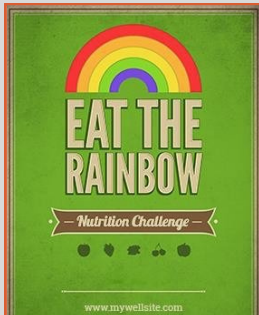
One Month Madness

This four-week challenge that follows the USDA's dietary guidelines for fruit and vegetables, lean protein, whole grains/grains and milk/dairy products for Americans based on a 2,000 calorie per day diet.



Nutrition 101

Study a new healthy eating habit each week for six weeks. This challenge combines educational components with some simple nutritional goals to take you to the head of the class.



Eat the Rainbow Challenge

The Eat the Rainbow Challenge is all about getting the right amount of fruits and veggies! Drag fruits and veggies on the plate and watch as the rainbow fills up with color!



Healthy Holidays - Maintain, Don't Gain

Making Healthy Choices throughout the holiday season can be a challenge for even the strongest of wills. The answer? Make it fun with the Healthy Holiday Challenge! Individuals will earn points for engaging in healthy sustainable behaviors throughout the holiday season. Participants are encouraged to limit alcohol consumption, avoid sugary snacks, and candy, and track regular exercise.





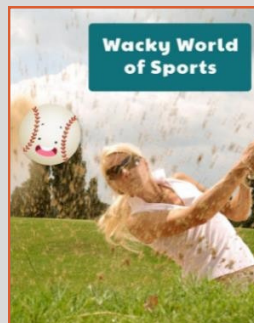
The Great Hot Air Balloon Race

The Great Hot Air Balloon Race is an individual percent weight loss challenge. Watch the hot air balloon fly higher in the sky as you get lighter by the week.



Pirate Booty Challenge

This weight loss challenge encourages users to drink water, eat their fruit & veggies, and engage in their favorite healthy activities to help achieve a sustainable weight loss. Users travel the seven seas in search for treasures on their weight loss adventure!



Wacky World of Sports Weight Loss Challenge

This 8-week challenge encourages participants to engage in those healthy behaviors proved to contribute to a sustainable weight loss. Participants earn points for physical activity, drinking water, and eating fruit & vegetables, all the while learning funny facts about some of the craziest sports in the world.





Healthy Brain Challenge

Keep that brain healthy! This challenge combines components such as physical activity, consuming brain health promoting foods, social activities, taking on new skills and information in order to create a well-rounded Challenge focused on keeping the brain strong.



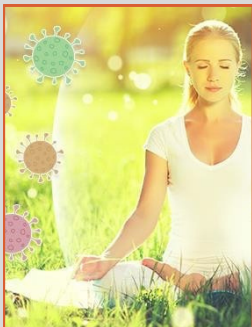
Save Up!

Track simple activities to learn - or review - the basics of personal finance in this 5-week challenge. Log in at least once a week to review the lessons, complete the activities, and earn points! Each week focuses on a different theme, including budgeting, spending wisely, saving, and investing. Save Up is beneficial for any level of compensation!



The Beat Goes On

Heart Disease and Stroke also known as Cardiovascular Disease (or CVD for short) may be a leading cause of death, but you don't have to accept it as your fate. Even though there are a few risk factors you can't change - such as ethnicity, family history, sex, or age - for the most part CVD is largely preventable.



Infection Protection

Autumn is the beginning of flu season - often having a huge impact on workplace absenteeism. In the infection Protection Challenge, participants earn points for doing simple activities to prevent infection from the flu, COVID-19, the common cold and other communicable diseases. Teachings on boosting the immune system and protecting others.



New York Minute Office Worker's Challenge

This 4-week tracker challenge is designed to encourage simple, healthy habits for office workers, including using the stairs instead of the elevator, stretching throughout the day, and taking the time for a break-time walk. Watch for the Cab Driver's tourist attractions as you journey along the map of New York.

*Available only in English



Snooze or Lose

Poor sleep habits can result in a variety of health concerns, including constant tiredness, irritability, loss of concentration, poor eating, and use of stimulants. The impact at the workplace can be significant, especially in the areas of tardiness, absenteeism and presenteeism. The Snooze or Lose challenge focuses on building consistent and positive sleep habits.



Well-Being Challenge Catalog

Well-Being Challenges (cont.)



Cancer Awareness Challenge

Researchers say if we stopped using tobacco, maintained a healthy weight, exercised regularly, avoided diets rich in red meat, and ate diets rich in fruits and vegetables, we would prevent two-thirds of all cancers. The Cancer Awareness challenge teaches healthy practices that reduce risk.



Them Bones

Bone Health is an important part of an individual's quality of life. Healthy bones maintain a strong structure for the body, anchor muscles, protect organs, and store calcium. This challenge helps individuals gain awareness about their bone health and maintain good bone health.



Going for Growth

A team-based wellness challenge where participants track four daily activities including: physical activity, water, fruit & vegetables, and vitamin use.

*Limited customization options.
*Available only in English



Summer Fun

The Summer Fun challenge is designed to encourage engagement in healthy and fun activities during the summer months.

*Available only in English



Better Together

Improve overall well-being by spending time with family and friends during this 4-week challenge. Research shows that connections with family, (5) friends, coworkers, neighbors, and others are as important to well-being as a healthy diet, exercise, and avoiding tobacco!

*Available only in English



Smoking

This challenge is designed to help smokers to butt out. Quitting smoking may improve the length and individual's quality of life.

*Available only in English





Be Kind for Your Mind

This 2 week challenge is all about personal enlightenment. Earn up to 400 points per day by performing random acts of kindness for your community, colleagues, planet, and own self.



Disconnect to Reconnect

In today's world, technology can be very distracting. It can alienate us from the people in our lives, cause car accidents, and even prevent us from getting a good night of sleep. The goal of this challenge is to break bad technology habits and get reconnected with the people in your life.

*Available only in English



Face to Face

Positive relationships with coworkers are known to improve productivity, job satisfaction, and just make work more fun! Level up workdays to be more social, fun, productive, and healthy in this 4-week challenge, focusing on workplace face-to-face interactions to improve mental, emotional, and social wellbeing.

*Available only in English.



No Time Like the Pleasant

Corporate Relaxation

Work-life balance and stress have been identified as two of the most predominant concerns in the workplace today. In this challenge, participants earn points for engaging in simple relaxation techniques throughout the day. Taking just a few 'me' minutes to stretch, breathe deeply...or even laugh has proved to recharge the batteries, and improve overall work performance.



Down to Earth

When it comes to creating a cleaner community, simple steps can go a long way. In this challenge participants review easy ways to save energy, reduce waste, cut down on emissions, maintain clean water, and more. The best part? Most of these steps support a healthy lifestyle and save you money, too! Participate in weekly learning and simple daily activities to earn points.





Micro-Learning

Digital Behavior Change Programs

Add a library of self-paced, behavioral health micro-learning programs to your wellness platform. Nine engaging programs promote resiliency, mindfulness, nutrition, physical activity, improved mental health, financial well-being, and productivity. Participants work their way through three to five sessions, completing a challenge and true or false quiz after each one.



Fuel

Nutrition

Learn about healthy foods with *Fuel*, a program with simple steps to help manage nutrition by setting goals and tracking progress.



Save Up

Financial Well-Being

Reduce stress by working towards financial control with *Save Up*, a program with simple steps to evaluate your finances and set goals for success.



Infection Protection

Cold & Flu Prevention

Find out how to protect others and stay healthy with *Infection Protection*, a program with simple steps to help you minimize exposure to harmful bacteria and viruses.



Calm

Mindfulness

Explore the well-being pillars of body, mind and spirit with *Calm*, a program with simple steps to discover how mindfulness can help fight stress and anxiety.



Head On

Mental & Emotional Health

Discover effective ways to help yourself or a loved one cope with anxiety or depression with *Head On*, a program with simple steps to help you improve your mental health.



The Last Puff

Smoking Cessation

Take the first steps towards tobacco cessation with *Last Puff*, a program with simple steps to help participants quit smoking for good.



Attention

Boost Productivity

Find ways to manage awareness and boost productivity using mindfulness practices with *Attention*, a light-hearted, self-paced program.



Belong

Relationships

Strengthen relationships to help physical and mental health while lowering the risk of dementia with *Belong*, a program with simple steps to engage with others.



Giddy Up

Physical Activity

Learn how to start and maintain a physical activity routine with *Giddy Up*, a program with simple steps to help you build up your strength by setting goals and tracking your progress.

