

eHealth Challenge

We are proud to introduce you to a turn-key health challenge to help your organization to adopt healthier habits and live a healthier lifestyle. Our interactive health challenge is a fun game everyone can participate in and it is a great way to motivate your organization to achieve their individual health goals and educate them on how to accomplish them.

HOW DOES IT WORK? (SEE OVERVIEW VIDEO AND STEPS BELOW)



STEP 1 – You register to receive your organization's personalized registration link along with turn-key marketing flyers, email templates, and videos to begin promoting the challenge to your group. On the 15th day of the challenge you will receive an invoice for the number of participants who registered. Organizations have 3 options to fund this health and wellness promotion:

- **GOOD** - Collect the fee from your participants (no out of pocket cost to organization).
- **BETTER** - Split the fee and collect a percentage from the participants (i.e. you pay 50% and they pay 50%).
- **BEST** - Pay for each person who participates and [benefit from them getting healthier \(see case study\)](#)!

STEP 2 – Provide participants with your personalized registration link for the Challenge. Participation instructions and tutorial videos on how to complete the challenge will be emailed to all participants prior to the start of the challenge.

On the first day of the challenge, all participants will receive an email reminding them to login daily via a computer (or download the free phone app) to earn points for practicing healthy habits (i.e. following their healthy eating plan, being active, drinking water, getting healthy rest and engaging with others in the challenge).

The average time to login daily and collect points is under 5-10 minutes daily. Participants also receive access to short, daily motivational email reminders, health and wellness coaching videos, exercise videos, recipes and downloadable resources throughout the challenge to learn how to engage in a healthier lifestyle.



STEP 3 – Challengers who complete the challenge, achieve their weight goal (maintain or lose set percentage of start weight) and earn the minimum number of participation points required to win will receive a \$25 gift card after the challenge.

A final summary report is provided to the sponsoring organization administrator detailing participation results and other vital feedback regarding participation in the challenge along with the winner's list and the gift cards to distribute to your winners.

ORGANIZATIONS RECEIVE THE FOLLOWING:

- Webinar overview on the challenge and how to implement it (Wellness Director and their committee members)
- Turn-key health promotion with co-branded marketing flyers
- Email invitations and promotional videos
- 6-wk interactive health challenge & access to interactive web portal for duration of challenge for all participants
- Detailed post challenge participant report detailing participants' names, email address, points and winner's list
- Post challenge survey feedback report



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