



# Health & Wealth Challenges

## Workplace Health Challenges

*Motivate Behavior Change with Easy and Fun Health Challenges*

Health & Wealth Challenges create a positive and supportive environment that will help participants adopt and engage in healthier habits, such as physical activity, weight management and wealth education and savings. Improved health transforms employees by creating a healthy, wealthy and happy workforce.



StayFit Plan Challenges are:

- Easy to Implement
- Fun and Engaging
- Team-Based or Individual-Based
- Cost Effective

*“The healthiest competition occurs when average people win by putting in above average effort.” ---Colin Powell*

Our Health Challenges address the following behavior/lifestyle habits that have been proven to improve overall health, wealth and well-being:

- Physical Activity (4 or 6 week)
- Weight Management (4, 6 or 8 week)
- Financial Wellness (4 week)

The workplace Health Challenges are deliberately designed to be simple and easy to use. Challenges can be individual based or team based to create healthy competition among co-workers.

Teams can be pre-created or participants can create their own teams as well as invite other colleagues to join the fun.

### Challenge Features

- Activity Tracker/Step Conversion
- Weight Tracker
- Team Progress Tracker
- Invite Others Option
- Savings Tracker
- Fitbit Integration
- Money Management Guide
- Reporting

*Investment in employee wellness can realize a 6:1 return in improved workplace productivity.*

*Source: 2005 Preventive Medicine*

## Challenging Employees to Transform their Health

## Communication

All Health Challenges include promotional communication and motivational communication as part of the program. Participants can use the “Invite Others” function to engage and challenge participants, using word-of-mouth and peer pressure to achieve maximum participation.

Communications include:

- Coming Soon Announcement
- Registration and Launch Communication
- Weekly Motivational Health Tips/Trivia
- Winner Announcement



## Team Progress

Teams will be able to see how they are doing against other anytime throughout the challenge by a simple click of the mouse. Online tracking tools make it easy for individuals to track their personal health and wealth achievements.

By viewing team progress, participants are motivated to “kick it up a notch” in a friendly, competitive way.

## Features

Challenges can be set up as individual-based or team-based formats and are based on whole weeks. Registration allows an employer to define a grace period for participants to join the challenge following the defined start date; giving busy employees a “last chance” registration option.

Teams can be pre-configured, auto-assigned, or can be created by participants. The employer Wellness Consultant will work with the StayFit Plan challenge administrator to edit the challenge structure based on employer specifications.

## Reporting

Employers are provided with participation and aggregate reporting to assist with incentive distribution and administration. Executive summary reports provide:

- Participation Statistics
- Average Steps
- Top Achievers
- Winners by Region/Location



## Contact Us Today!

### The StayFit™ Plan

20600 Chagrin Blvd. Suite 450  
Cleveland, OH 44122

**Toll Free: 877-747-1113**

[stayfitinfo@simplicityhealthplans.com](mailto:stayfitinfo@simplicityhealthplans.com)

