

Wellness Challenges

Structure and Recommendations



Exercise Minutes

- Individual/Team
- Duration: 4-6 weeks
- Goal: 150-250/weekly average (set as a one time goal)
- Exercise Min. Record: Self-reported/Wearable Devices
- Prize Recommendations:
 - 1st, 2nd, and 3rd place; raffle of all who met the goal
- Engagement Strategy:
 - Weekly mini challenges:
 1. Raffle for all who register before the challenge start date
 2. Raffle of all who meet reach XXX minutes by week X
 3. Raffle of all who complete 1 Health Coaching visit during the challenge
 4. Raffle of all who complete the HHRA/ HRA during the challenge

Step

- Individual/Team
- Duration: 4-6 weeks
- Goal: 5000-7500 daily average (set as a one time goal)
- Steps Record: Self-reported/Wearable Devices
- Prize Recommendations:
 - 1st, 2nd, and 3rd place; raffle of all who met the goal
- Engagement Strategy:
 - Weekly mini challenges:
 1. Raffle for all who register before the challenge start date
 2. Raffle of all who meet reach XXX steps by week X
 3. Raffle of all who complete 1 Health Coaching visit during the challenge
 4. Raffle of all who complete the HHRA/ HRA during the challenge

Winning at Losing

- Individual/Team
- Duration: 10-12 weeks
- Goal: <3%
- Weight Record: MH/Self-reported/Wearable Device
- 1st and Last weigh-in required; other weekly weigh-ins are optional
- Prize Recommendations:
 - 1st, 2nd, & 3rd place; raffle of all who meet the goal
- Engagement Strategy:
 - Require CHR and/or 1 Health Coaching visit to be eligible for prizes

Maintain, Don't Gain

- Individual/Team
- Duration: 6-8 weeks
- Goal: 0%
- Weight Record: MH/Self-reported/Wearable Device
- 1st and Last weigh-in required; other weekly weigh-ins are optional
- Prize recommendations:
 - Raffle of all who met the goal/maintain their weight for the challenge
- Engagement Strategy:
 - Require CHR and/or 1 Health Coaching visit to be eligible for prizes

Sleep

- Individual
- Duration: 2-4 weeks
- Goal: 7-8 hours/day (set as one time goal)
- Sleep Record: Self-reported
- Prize recommendations:
 - Raffle of all who met the goal

Hydration

- Individual
- Duration: 2-4 weeks
- Goal: eight, 8 ounce glasses of water per day (set as one time goal)
- Water Record: Self-reported
- Prize recommendations:
 - Raffle of all who met the goal

Bonus

Wellness Challenges



Mindfulness

- Individual
- Duration: 2-4 weeks
- Goal: 3 session per week
- Unit: Sessions
- Self-reported
- Prize Recommendations:
 - Raffle prize of all meet the goal of the challenge
- Engagement Strategy:
 - Health coaching, lunch and learn, workshops

Miles Logged

- Individual/Team
- Duration: 2-4 weeks
- Goal: Miles
- Record: Self-reported
- Prize recommendations:
 - 1st, 2nd, 3rd place; raffle of all who met the goal of the challenge
- Engagement Strategy:
 - Health Coaching and/ or CHR to be prize eligible (*dependent on health center capacity*)

Nutrition

- Individual
- Duration: 2-4 weeks
- Goal: Servings of fruit and veggies, breakfast
- Weight Record: Self-reported
- Prize recommendations:
 - Raffle of all who met the goal of the challenge
- Engagement Strategy:
 - Health Coaching, lunch and learn, healthy eating workshop (4 weeks)

Specific Exercise Minutes

- Individual/Team
- Duration: 4-6 weeks
- Goal: Depends on challenge, guidance can be provided
- Exercise Min. Record: Self-reported/Wearable Devices
- Prize Recommendations:
 - 1st, 2nd, 3rd prize; raffle of all who meet the goal
- Engagement Strategy:
 - Health coaching

Tour the Portal

- Individual
- Duration: 6-8 weeks
- Goal: Complete 3-4 activities in the portal
- Activity recommendations:
 - Portal workshop, questionnaire, schedule an appointment at the health center, download the MyHealthReport, log wellness data/challenge
- Incentive Platform:
 - Self-reported or points automated upon completion of activity
- Prize recommendations:
 - Raffle of all who met the goal of the challenge

Challenge Email Communication Plan:

Promo on day registration opens, start of challenge email, weekly emails starting on second week, and wrap up email after challenge ends.