

12 WEEKS HEALTHY STRIDE CHALLENGE

- ✔ Need to engage your employees in well-being
- ✔ Don't know where to start
- ✔ Tried looking at too many options
- ✔ Need a straight forward and simple to launch program
- ✔ Don't want to go through endless hours of implementation



**JOIN TO IMPROVE YOUR
PHYSICAL WELL-BEING
AND ENJOY A HEALTHY
COMPETITION !**



Welcome to “**Healthy Stride**” challenge by Healthper. After years of helping clients implement well-being programs, we felt there was a need for a solution that can focus on physical well-being.

The challenge has been designed based on years of the knowledge base, and industry trends. It includes team management, miles activity tracking, challenge community, and coaching to fine-tune exercise and nutrition routines.



HEALTHY STRIDE CHALLENGE CASE STUDY

Results of the healthy stride challenge with the employees of an accounting services company.

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| <p>EMPLOYERS</p> <p><i>Easy to tailor</i> <i>Easy to deploy</i></p> | | <p>MEMBERS</p> <p><i>Easy to use</i> <i>Easy to enjoy</i></p> |
|--|--|--|

86% Account Activation

68% Activity Completion

62% Communication Click - thru

79% Completed at least one activity

83% Engaged at least once a week

79% Reported Challenge experience as positive and engaging



We simplify process for the employer by allowing multiple ways to onboard,

When email is available, we send an email with login information.

When email is not available, we create a default username and password based on employee id, date of birth, (and/or social security number), name or as it fits for the population.

When employer does not share the member information, we provide unique activation codes to the employer to distribute.

We enable single sign-on with employer’s existing application.



We create a customized communication plan and marketing collateral for the program including posters, emails, text messages, reminders, nudges, motivational quotes and much more.



We provide rich participation and engagement reports that are delivered to the stakeholders periodically.