

TRS-ActiveCare BE WELL CHALLENGE



Keep your employees healthy, happy, and focused on wellness.

Looking for a fun way to engage your employees through health and wellness activities? Try a Be Well Challenge!

What's Be Well?

Be Well is a customizable step and activity competition that engages your employees in healthy activities. You can set goals specifically for your district and even choose fun themes! The best part is... it's available to you at no additional cost!

How it Works

- Employees track their steps or other activities via the Be Well app, which syncs with most fitness devices.
- Results are updated on a virtual map or leaderboard so they can track their progress against the step goal.
- Celebrate! While it's not required, some districts choose to offer a reward or other incentive. It's completely up to you. Your wellness consultant can also offer suggestions.

Who Can Participate

Anyone can join in on the fun! Many types of activities can be converted into steps, like:

- body weight exercises
- rowing
- swimming
- sports, like softball and soccer
- high intensity interval training
- weightlifting and more!



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Other Features

Be Well offers:

- **Social features.** Employees can add friends, compare stats, post photos, participate in discussion boards and cheer on their peers in the Be Well app or online portal.
- **Friendly competition.** They'll have the option to compete against themselves or against colleagues and friends – individually or as a team.
- **Themed activity challenges.** Choose maps like Backpacking Around Europe or Destination Vacation from the challenge library to create an adventure for participants.
- **Admin and reporting tools.** This helps make running a challenge simple.

The Benefits

Employee wellness programs, like Be Well can:

- create a less stressful environment for employees
- lead to higher levels of employee happiness in the workplace
- help prevent and reduce illnesses
- improve employees' emotional and mental health
- increase employee engagement, boost morale and build comradery

Getting Started is Easy

For more information, contact:

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