

PROGRAM YEAR JANUARY 1 - DECEMBER 1

Eligible
Members

653

Total
Registered

137 (21%)

Health
Assessments

41 (30%)

Engagement
(earned 1+ point)

58%



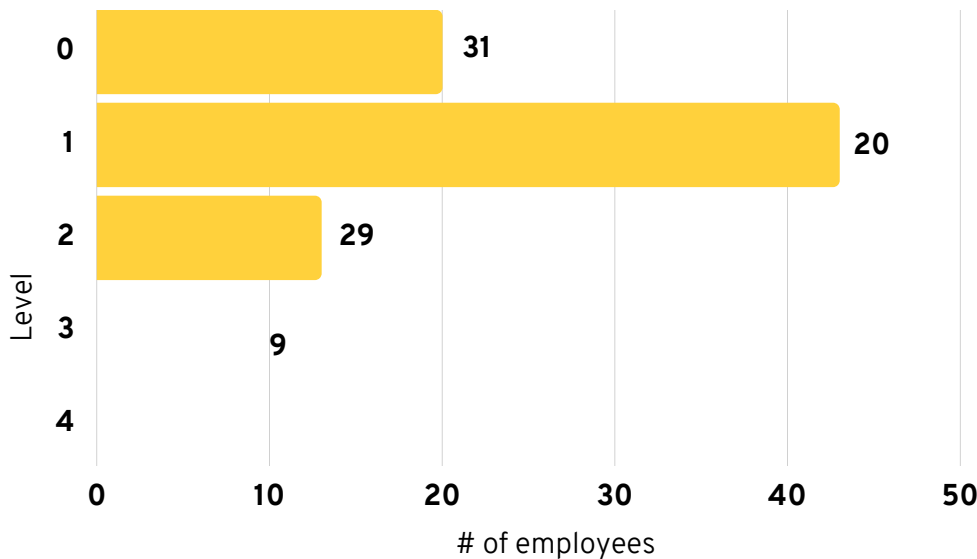
SLEEP CHALLENGE

37 Participants

7 hours - average nightly goal

71% of the collective goal was reached

Program Levels Earned



Requirements

Level 1 - 6,000 points

Level 2 - 15,000 points

Level 3 - 25,000 points

Level 4 - 40,000 points

- Biometrics
- Health Assessment

TOP JOURNEYS

- Get Strong at Home
- Move to Improve
- Growing Emotional Awareness
- Get Back to Sleep
- Calm Your Mind for Sleep

TOP HEALTHY HABITS



Eating
Breakfast



Taking the
Stairs



Get Some
Sleep

WHAT'S NEXT

Couch to 5k Challenge
Mar 27 - May 6