

Engage your employees with culture-shifting
Wellness Challenges that are fun and easy to implement.



With over a 98 percent participant satisfaction rate, BeneFIT's Wellness Challenges create healthy competition, and encourage employees to motivate and support each other to success. Wellness Challenges can stand alone or be integrated seamlessly into an existing BeneFIT Corporate Wellness program. BeneFIT manages participation and incentive tracking as well, so you can focus on your business.

Wellness Challenges feature:

- A **variety of topics**, including fitness, nutrition, sleep, stress management, and weight management ... with more being added regularly
- Ability to **track progress easily** for both individuals and teams
- Ability to **sync with a variety of fitness trackers**
- Integration with the **BeneFIT Online Portal**
- **Incentive tracking**

Benefits for employers:

1. Turnkey program
2. Promotes healthy habits
3. Brings fun into the workplace
4. Options that appeal to everyone

Comments from participants:

"The Wellness Challenges were wonderful! They helped me develop healthier habits like drinking more water, and supported my efforts to eat more fruits and vegetables."

"These Challenges make me feel like I am doing something specific toward healthier living."



Contact us today for a demo or to learn more
about affordable options for companies of all sizes.



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