

CORPORATE WELLNESS PORTAL

MyWellSite - Connecting It All!

Wellness Portal HUB & APP - Tailored Online Solution

- **Choose the level of service** and options that fit your needs.
- **Challenges** and campaigns to practice healthy decisions and tracking behaviors to strengthen healthy habits.
- **Sync fitness devices and apps** - fully mobile responsive.
- **Incentive/reward tracking** to positively reinforce successes.

Annual Wellness Portal

License Includes:

- Your logo/branding
- Quarterly challenges
- Fitness device integration.
- Wellness score/incentive tracking (rewards for activity on the site)
- Resource page: custom tab on your portal to include your company's benefits, links, resources, etc.
- Social networking: health buddies, message boards, group chats, teams and interest groups.
- Marketing flyer/poster and weekly challenge emails.
- Real-time reporting tool.
- Site user support.

Pricing

1- Annual Access with Quarterly Challenges

Per USER - \$32 per user per year
Per ELIGIBLE - \$20 per eligible person per year (\$5000 annual min.)
Annual set up fee: \$750 - \$1195

2- Single Challenge

Per USER - \$18 per user (min. of 250 users)
Set up fee: \$245

Optional Tools/Service

Additional site configuration time: @\$150 per hour

- Custom challenges
- Advanced site customization (colors, photos, pages)
- Custom wellness score configuration/incentive tracking with forms tool (affidavits / uploads): \$3 per eligible
- Additional challenges: \$750 per challenge
- HRA tool with individual reports: \$6 per eligible
- Uploads: \$750 per form

Incentive management: call for quote

Advanced communications: call for quote

- Prize announcements
- Template tool kits

Challenge



CHALLENGES AVAILABLE

Physical Activity Challenges - Virtual adventures where activity earns participant's steps along a challenge map with points of interest or interactive engagement along the way.

Walk Well	Oh What Fun (Healthy Holiday)
Amazing America	Speed of Light
Around The World	Lost City Trek
Rock Your Way To Wellness	Get Fit Mystery
Get Fit on Route 66	Trek Nepal
Jungle Journey	Game to Thrive
Tread Carefully	Zombie Survival
Race to Mount Olympus	Move More Mystery
The Beat Goes On	Iceland Adventure

Healthy Eating Challenges

Go Healthy Café	Wake Up with the World - Breakfast
Nutrition 101	Eat A Rainbow
One Month Madness	Nourishing You

Healthy Weight Challenges

Wacky World of Sports	Hot Air Balloon Race
Lose Yer Booty	Maintain Don't Gain (Holiday)
Biggest Winner	

IP ENGAGEMENT INTEGRATION

- Incentive and promo items for prizes.
- Market on wellness calendars.
- Promote site and challenges in newsletter.
- Embed the Health Library.

Well-Being Challenges

Cool To Be Kind
Good Night's Sleep
Relationship Matters
Quit Tobacco
Filler Up H2O
Mindful Minutes
Summer Fun
Road To Resilience
No Time Like the Pleasant
Smile For Success - Oral Health
Beat The Flu



Challenges



Walk Well

Explore new walking ideas weekly in this challenge, to walk your way to well-being.



Amazing America

Experience some of the splendor the beautiful USA has to offer in this activity-based/steps challenge



Around the World

Travel around the globe and visit the Seven Wonders of the World!



Rock Your Way to Wellness

Track daily activity, while visiting the birth places of some of our favorite members of the Rock & Roll Hall of Fame!



Get Fit on Route 66

Participants will have fun exploring the landmarks along this fabulous stretch of historic highway.



Jungle Journey

Tour the amazing sites of Costa Rica and view amazing waterfalls, beaches and exotic plants in this journey through the Jungle.



INSPIRE TO MOVE

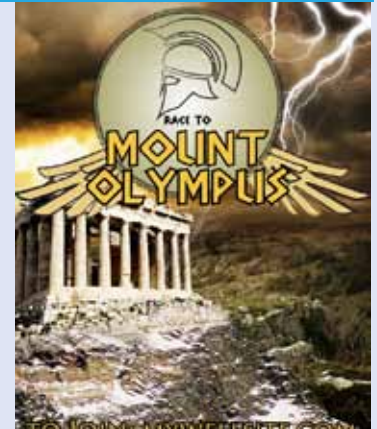
Tread Carefully

A walking journey through some of the nation's most haunted locations.



A challenge fit for the great gods of Mount Olympus and your employees.

Mount Olympus



Oh What Fun...

Have a healthy holiday focused on reducing stress through physical activity. Exercise is a great outlet for tension and anxiety.



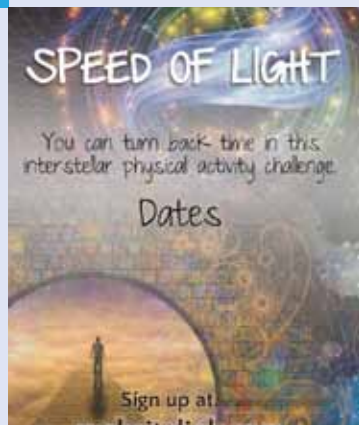
Heart healthy challenge that keeps the ole ticker in tune!

The Beat Goes On



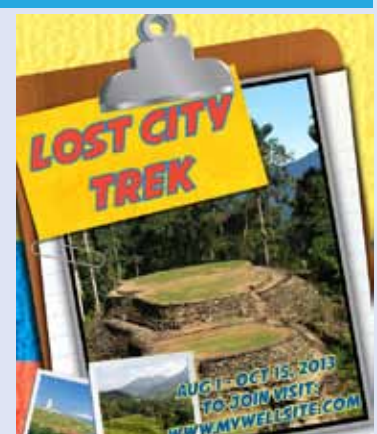
Speed of Light

You can turn back the hands of time in this interstellar physical activity challenge through the past, present and future!



Find this Lost City in the dense jungles of South America.

Trek The Lost City



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INSPIRE TO MOVE

Get Fit Mystery

A crime has taken place. Participants track their daily activity to receive clues to solve the mystery and learn fun facts about Crime Solver extraordinaire, Sherlock Holmes.



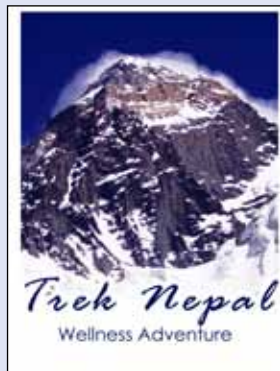
Move More Mystery

Sequel to the popular Get Fit Mystery Challenge, with a new mystery and crime to solve. Track physical activity to earn new clues and act as a super sleuth around London.



Trek Nepal

Come trek the Sherpa heartland. Explore the foothills of Mount Everest, and learn what makes Everest one of the greatest climbs in the world.



Game to Thrive

Each of the seven kingdoms represent a dimension of wellness. Conquer all seven kingdoms to achieve total well-being to thrive!



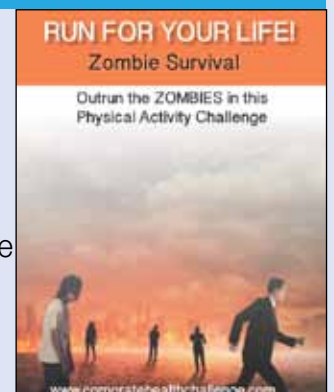
Iceland Adventure

Experience the diversity of Iceland, exploring both its culture and natural beauty. Iceland is one of the world's most lively places with volcanoes and thermal springs.



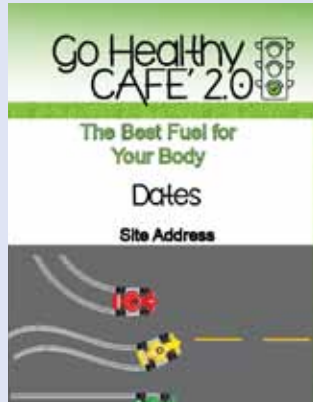
Zombie Survival

Outrun and outsmart the ZOMBIES in this race to safety from a Zombie Apocalypse! Can you figure out the secret ingredient to make the antidote to cure the zombie virus and get to safety?



GO Healthy

What's good for your body is good for your mind. This traffic light system rewards for eating foods high in nutrition and low in sugar, fat and salt!



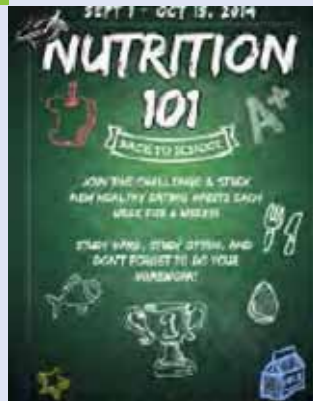
Wake With the World

Breakfast is the most important meal of the day, so why not start the day off right? Prepare and eat breakfast at home, and avoid processed foods.



Nutrition 101

Study a new healthy eating habit each week for six weeks. This challenge combines educational components with some simple nutritional goals to take you to the head of the class.



Eat A Rainbow

Practice filling half your plate with colorful fruits and veggies to make a daily rainbow. Fuel your body with colorful produce for improved physical health and emotional well-being.



One Month Madness

Participants track daily servings of the recommended food groups. Weekly menus share ideas for meals while earning letters for a word scramble!



Wacky World of Sports

Earn points while learning fun facts about some of the craziest sports in the world. Engage in healthy behaviors proven to contribute to a sustainable healthy weight.



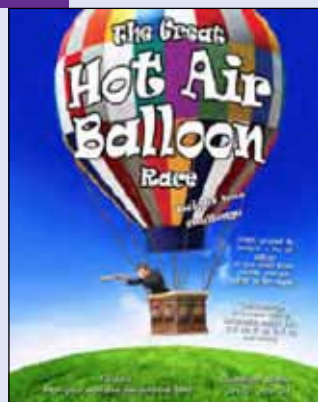
Great Space Gravity

The Great Space Gravity Challenge is a percentage weight loss team challenge. As your team becomes less 'gravity challenged', it will visit planets throughout the Solar System



Hot Air Balloon Race

The Great Hot Air Balloon Race is an individual percent weight loss challenge. Watch the hot air balloon fly higher in the sky as you get lighter by the week.



Lose Yer Booty

This pirate themed healthy weight challenge encourages users to drink water, eat their fruit & veggies, and engage in their favorite healthy activities.

Mateys travel the seven seas in search of treasure in this high seas adventure!



Maintain Don't Gain

Make healthy choices through the holiday season with the Healthy Holiday Challenge! Avoid sugary snacks and candy, and track regular exercise.



Biggest Winner

Participants practice behaviors that lead to sustaining a healthy weight.

Winning behaviors include weighing-in, regular exercise, and social support.



HEALTH HARMONY

No Time Like the Pleasant

Earn points for engaging in simple relaxation techniques to take just a few 'me' minutes to stretch, breathe deeply... or even to laugh, to recharge daily.



Relationships Matter

Social wellness challenge to enhance relationships and social support.



Smile for Success

Maintain good oral health by encouraging simple behaviors, such as brushing, flossing, and choosing sugar-free snacks.



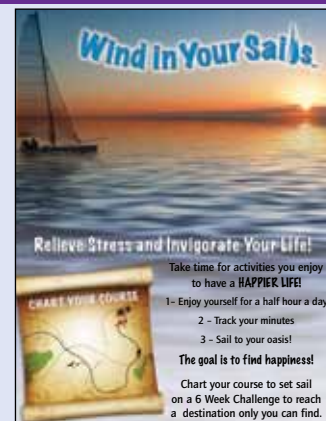
Good Night's Sleep

Get better sleep for healthy brain function, emotional well-being, immune support, healthy weight, healing and body repair, elevated mood and increased safety!



Wind in Your Sails

Relieve stress and invigorate your life in this sailing adventure challenge. Create the wind to move your sailboat by setting aside time each day to do something you enjoy!



Cool To Be Kind

Improve quality of life in this Random Act of Kindness Challenge. Earn kindness credits for performing random acts of kindness, volunteering and sharing experiences.



Mindful Minutes

Mindfulness generates calmness, clarity, concentration and general well-being. Practice cleansing breaths, gratefulness, and acts of kindness



Road to Resilience

Resilience building activities:
Taking time for oneself.
Shifting through to a new perspective.
Getting quality sleep.



Filler Up H2O

Water is the foundation of a healthy body and mind. Drink 8 glasses of water a day and track hydration!



Build a Bridge

Co-workers connect and empower each other through positive interactions and delivering complementary messages.



Quit Tobacco

Tobacco users choose a quit date and practice new behaviors while nicotine cravings pass. Add the 6 week video learning module as a great alternative standard program.



Time Management

Promote effective time-management skills with the goal of decreasing workplace stress. Learn to triage workload, block time for important tasks, and de-clutter the workspace.



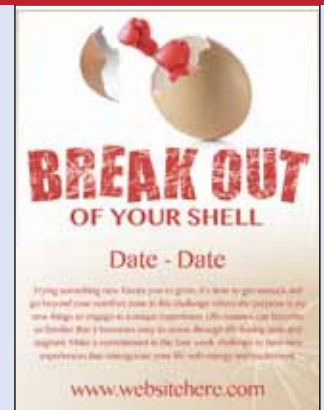
Good Cents

Have a better understanding of personal finances. Take positive steps towards financial freedom, such as preparing (and sticking to) a budget.



Break Out of Your Shell

It's time to get unstuck and go beyond our comfort zones in this challenge where the purpose is to try new things, to engage in unique experiences.



Summer Fun

Designed to encourage a healthy, active lifestyle throughout the summer months. Provides a list of fun activities to enjoy with family and friends.



Beat the Flu

Participants earn points for healthy behaviors proven to decrease susceptibility to the flu virus, including washing their hands, getting plenty of sleep, and getting a flu vaccination.



Client Testimonials

FUN, CREATIVE AND ENGAGING PLATFORM

"We are the third largest School District in the state of Washington and it has been a challenge to reach all of our employees when it comes to Wellness. For this reason, we chose MyWellSite because we knew that we needed to implement a fun, creative and engaging platform to truly motivate our employees to practice healthy behaviors everyday – And MyWellSite has proven to do just that! Our employees enjoy the unique challenges and because any type of activity can be converted into steps, the various challenges have proven to be more universal and competitive for them!"

-Shannon Carmody, M. S.
Wellness Communication Specialist
The Sound Partnership-
Tacoma Public Schools



CREATIVITY TO FRUITION

"Since our partnership, IP has proven to be a valuable partner for us. They have brought creativity to fruition with regard to our online Live Well challenges. They are prompt and responsive to customer (employee) inquiries – freeing up our team to focus on more strategic matters. They are engaged and committed to our vision and work with us and other strategic partners to bring our initiatives to life.

The content they help develop is engaging and thoughtful. Their efforts have helped to maintain and increase participation in our programs, incentives, and challenges. With their help, we have been able to see positive results in our healthcare spend and overall accountability by employees in their health consumption and lifestyle."

-David Holden
Director of HR IT and Admin
Crowley Maritime

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