

# CHALLENGES BY BEHAVIOR FOCUS

**P** **Primary Objective**  
Indicates the main behavior of the program.

**B** **Secondary Benefit**  
Has a beneficial effect but is not the primary objective.

**O** **Behavior Option**  
Wellness manager or participant can choose behaviors to emphasize.

**F** **Feature**  
Social connections positively influence all behaviors.

	Program	Physical Activity	Healthy Eating	Healthy Weight	Diabetes Prevention	Emotional/Mental	Financial	Sustainability	Social Connections
FIXED	<i>10K-A-Day</i>	P		B	B	B			F
	<i>Health for the Holidays</i>	P	P	B	B	B			F
	<i>Ola</i>	P		B	B	B			F
	<i>Spring Into Motion</i>	P		B	B	B			F
	<i>Summertime</i>	P		B	B	B			F
	<i>Walktober</i>	P		B	B	B			F
FLEXIBLE	<i>Chirpy*</i>	P	O	B	B	O	O	O	F
	<i>Coast to Coast</i>	P	O	B	B	O	O	O	F
	<i>Feel Like a Million</i>	P	O	B	B	O	O	O	F
	<i>Well Traveled</i>	P	O	B	B	O	O	O	F
	<i>Worldwide Wellness</i>	P	O	B	B	O	O	O	F
	<i>Yo Ho Ho</i>	P	O	B	B	O	O	O	F
	<i>Canvas</i>	P	O	B	B	O	O	O	F
PERSONALIZED	<i>Nourish</i>	O	P	B	B	O			F
	<i>Renew</i>	O	O			P			F
	<i>Right On the Money</i>					B	P	B	F
	<i>Sustain</i>	O	O			O	O	P	F
	<i>Work of Art</i>	O	O			P			F

\*Chirpy launches June 2023