

# WELLNESS CHALLENGES AT A GLANCE

## Program Models

Wellness professionals have 3 options:


- *Fixed.* Challenges with pre-set activities including single or multiple behaviors.
- *Flexible.* Select from 30+ activities based on your population’s preferences/priorities; HES can even create a custom behavior.
- *Personalized.* Let each participant decide which activities to do, from 18-24 choices.

## Desktop and Mobile

Participants can use their computer or mobile device (or both) to experience all the robust features in each challenge.

## Getting Started


Contact your HES account manager or email [learnmore@hesonline.com](mailto:learnmore@hesonline.com).

FIXED							
CHALLENGE NAME	THEME	HEALTH BEHAVIORS	PROGRAM LENGTH	DEVICE INTEGRATION	BUDDY FEATURE	TEAM FEATURE	LEADERBOARD
	Worldwide city tours	Physical activity	6, 8, or 12 weeks	✓	✓	✓	✓
	Winter scene paintings	Physical activity, nutrition, emotional fitness	4 or 6 weeks	✓	✓	✓	✓
	Hawaiian island tour	Physical activity	4, 6, or 8 weeks	✓	✓	✓	✓
	Weekly spring themes	Physical activity	4, 6, or 8 weeks	✓	✓	✓	✓
	Summer memories	Physical activity	4, 6, or 8 weeks	✓	✓	✓	✓
	Global fall color tour	Physical activity	31, 42, or 56 days	✓	✓	✓	✓

## FLEXIBLE

CHALLENGE NAME	THEME	HEALTH BEHAVIORS	PROGRAM LENGTH	DEVICE INTEGRATION	BUDDY FEATURE	TEAM FEATURE	LEADERBOARD
	Nostalgic roadtrip	Physical activity + 2 customizable behaviors	6, 8, or 12 weeks	✓	✓	✓	✓
	Retro board game	Physical activity + 5 energy-boosting behaviors	4, 6, or 8 weeks	✓	✓	✓	✓
	Vacation destinations	Physical activity + 2 customizable behaviors	6, 8, or 12 weeks	✓	✓	✓	✓
	Popular attractions around the world	Physical activity + 2 customizable behaviors	6, 8, or 12 weeks	✓	✓	✓	✓
	Animated pirate's tale	Physical activity + 2 customizable behaviors	6, 8, or 12 weeks	✓	✓	✓	✓

## PERSONALIZED

CHALLENGE NAME	THEME	HEALTH BEHAVIORS	PROGRAM LENGTH	DEVICE INTEGRATION	BUDDY FEATURE	TEAM FEATURE	LEADERBOARD
	Weight-neutral nutrition program	Food/beverage choices, eating habits, exercise, sleep, relaxation	4, 6, or 8 weeks	N/A	✓	✓	✓
	Refreshing mind and body	Boost happiness, create calm, sharpen focus, increase energy	4, 6, or 8 weeks	N/A	✓	N/A	N/A
	Financial well-being	18 categories based on life stages	4 weeks	N/A	✓	✓	✓
	Sustainable living	Whole-food plant-based, reduce, reuse, recycle, miscellaneous	4, 6, or 8 weeks	N/A	✓	✓	✓
	"Painting" personalized images	Mindfulness, optimism, gratitude, connection (emotional well-being)	4, 6, or 8 weeks	N/A	✓	✓	N/A