

Wellness Programs For A Healthy You

Wellness Program Name

<Wellness program name> Program is a fun way of adopting healthy habits and driving your path to gain holistic wellness in 2020. Complete your registration formalities and get started with your on-boarding activities to start earning incentives while achieving your wellness goals with an exciting approach.

Program Info

Important Activities:

- HRA
- Biometric Screening
- Syncing fitness device

Wellness Programs

- Everyday wellbeing
- Nutrition
- Physical activity
- Smoking cessation
- Better sleep
- Stress management

Rewards Info

- **Level 1:** 2,500 points to get \$25 Gift card – Gift Item name
- **Level 2:** 5,000 points to get \$50 Gift card - Gift Item name
- **Level 3:** 7,500 points to get \$75 Gift card - Gift Item name

Step 1: Enroll

Click on the registration email sent to your email ID and log in with the given credentials to activate your account.

Step 2: Participate

Participate in the assigned challenges or choose a challenge of interest and participate in it.

Step 3: Earn Rewards

Earn reward points by reaching the set goals, and redeem them in the best preferred way.

Contact <admin email> or <support email> for any queries or help.