

beBetter® Challenges



Connecting Employees Socially for Fun and Fitness!

Who doesn't want to have a little fun? When wellness is fun, employees get engaged. Whether you want to run organization-wide challenges, let employees self-organize into teams, challenge departments or locations, or let employees compete as individuals, beBetter® Challenges promote positive change through fun, goal-centered activities.

Challenges are highly social and include individual and team photos, mottos, challenge invites, and "Challenge Chatter." The Chatter message board is a fun way for employees to encourage and motivate each other.

Program Features

- Engaging leaderboard & chatter
- Many ways to configure the winners - by completion criteria, week, first to complete, scores
- Create dozens of unique programs based on walking, physical activity, nutrition, weight

Goals

- Wellness engagement
- Team building
- Healthier, more productive employees
- Increased morale
- Motivation for healthy habits



About beBetter Health

We've been helping companies deliver successful wellness programs for over 25 years, and we know what works. Our approach is simple: remove as much of the guesswork, manual tracking, and unnecessary effort as possible. Make sure every facet of the program is connected, from assessment to programming to evaluation. Help you make the most of the system with easy user guides, simple interfaces, experienced Account Managers.

The beBetter® System helps employees take action toward protecting and improving their health, and provides employers with strategies to reduce health care costs and boost employee productivity.

For brokers, we provide everything you need to implement an effective, comprehensive population health management solution. Give us a call and let us walk you through how the beBetter® System makes you more competitive.

Team Challenge: MAY 31 Two Miles A Day Through May

LEADERBOARD

Rules & Rewards | Edit Team Profile | Edit My Challenge Profile

Two Miles A Day Through May

Let's get moving this spring. Walk an average of 2 miles a day through May and earn some great rewards, not only for your health, but also for fun!

Challenge Type: Team
Challenge Dates: 02/01/12 to 06/30/12
Number of Teams Competing: 82

Week 18 winner:

Johnny's J-Walkers

Challenge Results

Results values are shown in miles.

Rank	Team Photo	Team Name	13	14	15	16	17	18	Total	Avg
1		Johnny's J-Walkers	50	50	50	50	50	50	900	50
2		Accounting Kings	40	40	40	40	40	40	720	40
3		We Are The Champions	30	30	30					
4		Actiped Herpes - Activates	20	20	20					

Weeks: 1-6 | Weeks: 7-12 | Weeks: 13-18

My Team: Walk This Way (Rank 75, 2 miles, 10 miles, 6 miles)

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Get social ...
get fit ...
have a blast!

Team Challenge Chatter: Week 12

Newest | Oldest

Type your chatter here...

Steve Gray
Way to go everyone - we won week 6! Love the 50/50 blend toes! Let's wear them to work during the company meeting next Wed.
0 days ago

John Auge
WYLIE COYOTE - way to carry us through this week. Thanks! I didn't help much with my travel schedule.
1 day ago

Roger Rabbit
I'd like to thank Smitty for getting me out of my chair this week and walking during lunch! I sure feel it in my calves, but we improved during week 6!
1 day ago

Post

Learn more at:
www.bebetter.com



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