



FREQUENTLY ASKED QUESTIONS

Want a quick overview of our latest wellness incentive challenge? All the information you need to experience success in the challenge is included below.

WHO is the challenge designed for?

This challenge is designed for individuals. The real emphasis of this challenge is on promoting wellbeing for the body, mind and soul.

WHAT is the challenge goal?

The goal of every wellness challenge is to provide participants with tools and resources to support the wellbeing of the individual. In this challenge, users hike (virtually, of course) across the Wasatch Range of mountains in Utah. Users record the number of steps taken daily and can earn bonus steps for participating in activities including expressing gratitude, spending time outdoors and fueling up with fruits and veggies. Users have six weeks to collect the 10 challenge segments/milestones and complete the trip. In total, participants will need to record 400,000 steps.

WHEN and WHERE do I need to complete activities?

The activities focus on movement and more, so activities may be completed at any time.

WHY is it important that I participate?

Being intentional about moving more, while making time to get outdoors, fuel up with fruits and veggies, and take time to express gratitude, can foster a greater sense of wellbeing for the body, mind and soul. Developing and nurturing complete wellbeing is key in getting the most out of life.

HOW will my progress be tracked?

Participants track their activity online, using a web browser on a desktop computer or using the mobile app.

To join this challenge, visit this URL:

Click the link that says "Sign Up"

When prompted, enter company code:

then complete your profile.