



Frequently asked Questions

Want a quick overview of our latest wellness incentive challenge? All the information you'll need to be successful is included below.

WHO is the challenge designed for?

This challenge is designed for individuals. The emphasis of this challenge is to promote overall wellbeing through physical activity, stretching, and performing random acts of kindness.

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, participants record their daily step total and travel across the country visiting historic baseball parks and learning about the greats who played the game. Additionally, participants may elect to complete stretching exercises and random acts of kindness to earn bonus steps.

WHEN and WHERE do I complete activities?

The challenge activities may be completed independently throughout day, at work, at home, and out and about.

WHY is it important that I participate?

There's nothing better than the great American pastime of baseball to fondly remind us of sunny summer days past, hanging out with friends and family, and cheering on our favorite team. This challenge aims to inspire team members to move regularly during the day and practice kindness, enhancing physical AND mental wellbeing.

HOW will my progress be tracked?

Participants track their activity online via a desktop or mobile device. A maximum of 20,000 steps daily may be recorded and participants earn milestones upon visiting each ballpark along the route.

To join this challenge, visit this URL:

Click the link that says "Sign Up"

When prompted, enter company code:

then complete your profile.