univera HEALTHCARE

Right here. **For you.**



Healthy habits **challenges**

Promoting healthy lifestyles through engaging workplace wellbeing challenges.

These challenges aim to engage your employees in healthy habits. Each challenge comes with resources and handouts to successfully host the challenge at your workplace. These challenges are designed to be adapted and incorporated into your employee wellness program. Be creative and **have fun**!

To receive a toolkit for any of these challenges, contact your Wellbeing Engagement Consultant or Sales Consultant.

Healthy Habits Challenges menu

Category	Challenge name	Challenge description
Emotional Wellbeing	Healthy Holidays Challenge	This challenge is designed to encourage everyone to maintain (or improve) their healthy habits during the holiday season (Thanksgiving through New Year's).
	Tune Into You	This 4-week mindfulness challenge helps employees focus and reduce stress by accomplishing a different mindfulness activity each day.
Self-Care	Self-Care	People who practice regular self-care are reported to be happier, more productive, and overall healthier.
	Catching Some ZZZ's	Sleep is paramount to good health. In this 4-week challenge, employees track sleep patterns to identify ways to improve their sleep habits.
	SMILE Challenge	Looking to focus in on mindfulness, movement, hydration, nutrition and gratitude with your employees? Look no further! This 4-week challenge is about making progress toward these healthy behaviors.
Social Wellbeing	Pay It Forward	Looking to uplift your employees? This challenge is all about sharing inspirational messages with colleagues and spreading positivity.
	Healthy Selfie	Encourages fun while doing healthy activities and taking pictures to share activities and ideas.

Healthy Habits Challenges menu (cont.)

Category	Challenge name	Challenge description
Nutrition	10-Day Real Food Challenge	Looking for ways to eat healthier? This 10-day challenge incorporates simple strategies that can lead to a healthier way of eating.
	Mindful Eating	This 4-week program challenges employees to practice a variety of mindful eating habits and behaviors over the course of 4 weeks.
	Every Sip Counts	Having enough fluids in our system is not only vital for protecting our joints, but it also helps our organ's function, sustains body temperature, and much more! Get employees hydrated with this 4-week hydration challenge!
	Apple A Day	Participation in simple everyday healthy habits can lead to long-term change. This challenge helps build healthier habits and embrace a more positive approach to nutrition—one bite at a time.
Physical Wellbeing	Walk This Way	This is a 4-week challenge that aims to encourage all employees to walk every day. The goal is to walk at least 30 minutes per day at least five days of the week (for a minimum of 150 minutes per week).
	Just Move It	Get your employees moving more throughout the day with this 30-day challenge. The goal is to achieve at least 30 minutes of physical activity per day most days of the week.
	Flex It Challenge	The flex it stretching challenge is a 4-week challenge that aims to encourage all employees to stretch regularly. Stretching helps protect mobility and flexibility and decreases the risk of injuries.
Financial Wellbeing	Feed Your Wallet	Just as it's important to feed our bodies, our wallets deserve some nourishment too. This 4-week challenge is all about finding ways to saving more money.

Workplace wellbeing consultation

A certified Wellbeing Engagement Consultant from Univera Healthcare is available to meet with you and offer:

- An overview of wellness resources available through the health plan
- An assessment of your current wellness program
- Recommendations for your wellness program

Contact your Univera Healthcare account representative or broker to schedule your complimentary consultation.

Important information

It is the employer's responsibility to ensure that any incentives and prizes provided to employees are compliant with all ACA and IRS regulations. Consult with your legal counsel for guidance.

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