

Wellness Works for you

Custom Programs for a Happier, Healthier Workplace.

Healthy Life Wellness Challenges

Easy, Affordable and Fun!

A little competition goes a long way !

On line Challenges - including:

Activity - Healthy Eating - Stress Reduction - Tobacco Cessation

★ Employees receive a personal portal to track their Health and participate in Workplace Challenges. Includes all of the benefits of the Wellness Portal including HRA!

★ Custom Corporate reports to track your companies health risks and progress.

★ Paper Pencil Option Available!

Cost: \$20.00 pppyear

Program start up cost and support costs additional.