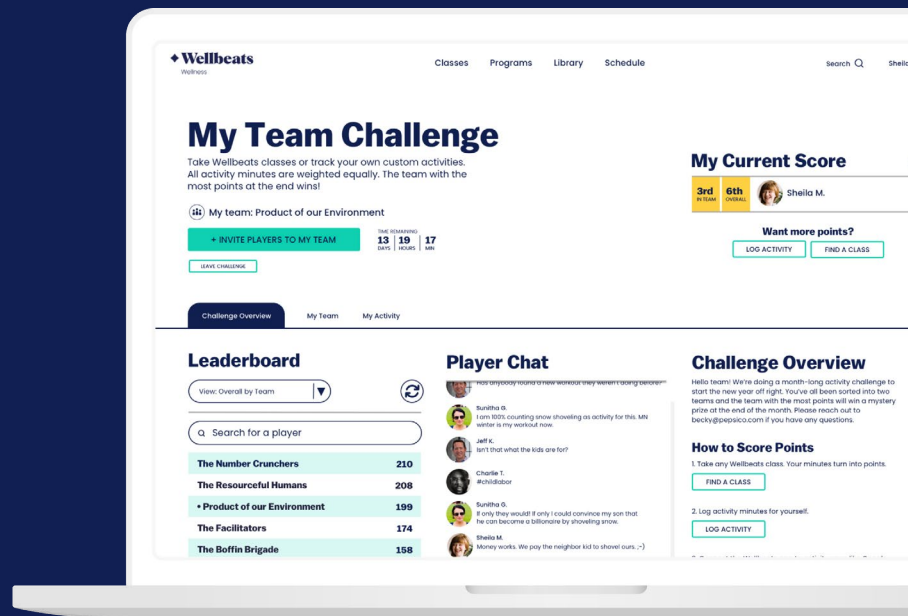




Empower Your Workforce with Wellbeats Wellness Challenges



Company Challenges

Elevate the wellbeing of your employees by giving them the ultimate wellness experience with Wellbeats *Wellness* company-wide challenges. Our customizable challenges are designed for every age, interest, body type, and ability level. Cultivate a more connected, vibrant workforce with a happier and healthier population.

- **Connect through Interactive Chat:** Participants and teams can engage through the interactive chat feature, challenge-wide comment board, and team-specific chat, fostering a sense of community working towards wellness goals.
- **High-quality Content:** Access a wide variety of expert-delivered fitness, nutrition, and mindfulness classes, or add activities that align with your organization.
- **Activity-Based Point System:** Employees can earn points through activities such as Wellbeats classes, walking, hiking, and biking, with the ability to compete as a team or individually.
- **Group Classes for All:** Give your population access to social fitness with a wide range of scheduled classes, including pre-recorded Wellbeats classes and live sessions for fitness and mindfulness.
- **Leaderboard:** Employees can track progress and celebrate achievements by monitoring individual, team, and company-wide ranks on the weekly or overall leaderboard to see the competition in action.
- **Stay-on-Track Reminders:** Employees can receive automated email notifications to join the challenge and stay engaged throughout the duration of the challenge.
- **Seamless Device Integration:** Wellbeats *Wellness* Challenges integrates with devices, with the ability to manually add minutes or track minutes through Apple Health, Google Fit (via app), and Fitbit.

Wellbeats Challenges are accessible through our Wellbeats *Wellness* bundles. The Total Experience bundle provides access to two challenges per year, while the Enhanced Nutrition and Enhanced Mental Health bundles offer one challenge annually.

Learn more, contact us at
partners@lifespeak.com

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