

Health Management Programs

Activities and tools for engagement



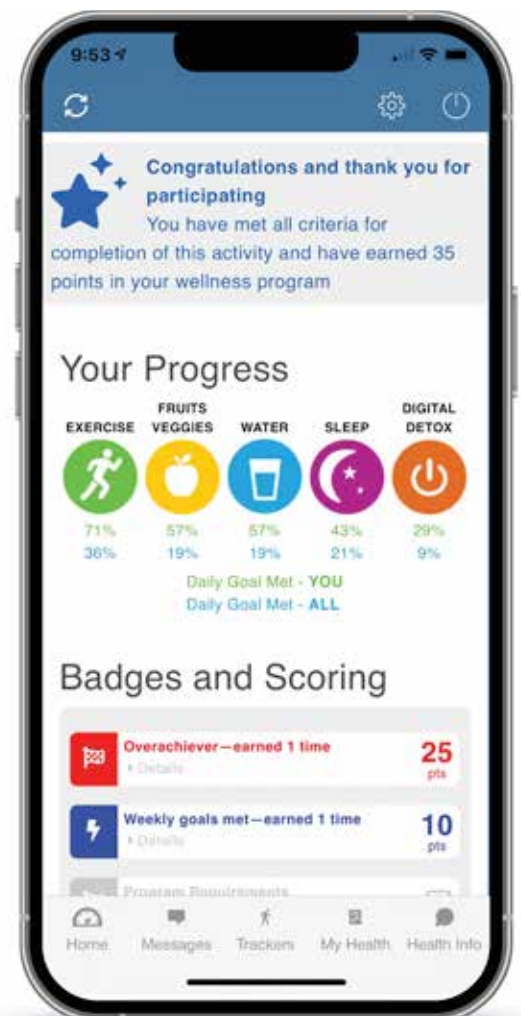
Wellvation's unique suite of lifestyle focused programs use Mayo Clinic expertise to motivate behavior change. With fun events and activities, employees 'think about their thinking' to decode unhealthy habits, build community, and discover choices more aligned with their goals.

Science that Inspires Change

Wellness activities can be fun and build momentum, but they become fluff if employees don't engage and improve health. To gain traction, ManageWell discovers where employees have the highest risks as well as highest interests and confidence to change.

Programs that meet this Engagement Goldilocks Zone are offered up to employees in both the app and on-line.

Employers choose whether to incentivize participation, add challenges, and customize to administration and brand standards. The ManageWell app offers the same capabilities as the on-line portal.



Challenges

Individual and team challenges create meaningful experiences that increase learning, skills, and confidence. Account managers work with coordinators to target challenges toward population and/or employee goals using health and readiness insights as well as build challenge program awareness, convert participants, and simplify administration.

With customizable promotion, launch, implementation, and motivational tools coordinators set goals, segment communications, automate workflows, and report success. Timelines, participant and coordinator guides, team organization, posters, pre and post-event surveys, tips, and detailed instructions are built into every challenge.

Challenge content is routinely refreshed and expanded with new features and tools added to broaden appeal and interest while maintaining the foundational purpose and efficacy of wellness best-practices.

Program Features

- Visual dashboards and leaderboards
- Alerts, reminders, and calendars to trigger actions
- Wearable and app integration
- Progress tracking and incentive fulfillment
- Social forums to build community, connections, and teams
- Goal setting and gamification
- Mayo Clinic expertise and health content

Activity Summary: Five For Life

Eligible Divisions: All

Event Date: 02/20/2022 - 03/19/2022

Eligible: Employees and SOs

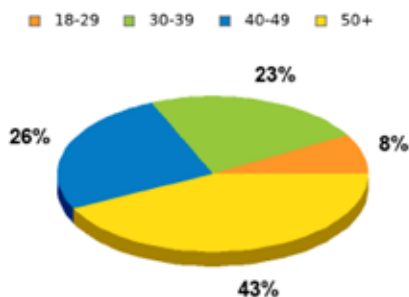
No. Eligible: 13265

No. registered for event: 1300 (10%)

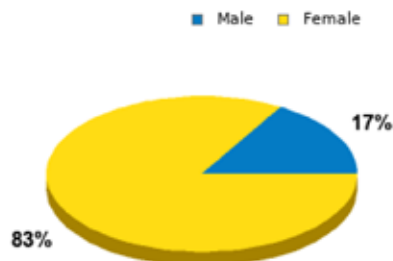
No. completing event: 882 (7% of elig, 68% of reg)

Number of event registrants with a current Health Assessment profile: 1212

Age Demographics



Gender Demographics



Registration & Implementation

Challenge registrations are facilitated within ManageWell and are done with a simple Click Here or by surveys and quizzes to gain insights and reflections. Invitations can be sent to the whole population or targeted toward segmented groups.

Coordinators control messaging, start and end dates, registration windows, incentives, (credits, points, cash), and pre and post-surveys. Participants join a team or progress at their own pace.

Participant Tracking

ManageWell tracks participant engagement by utilization and/or completion of milestones, content, and resources. Insight reports inform on engagement and areas of improvement. Compliance and achievement is organizationally defined by any combination of accrued points or utilization rates and can be segmented into mandatory vs voluntary requirements based on age, gender, or population insights.

Health Management Programs

Health Pursuit

Healthy Eating

Stress Less

Five for Life

Weight No More

Milestone Challenge

5-A-Day Challenge

30 Ways to Wellness

Fitness for All

Healthy Bingo

Healthy Blood Pressure for Life

Walk-A-Rama

Mini Challenges

Burn Calories

Commercial Break Challenge

Fruit & Veggie Challenge

Eat More Fish Nutrition

Why Sleep Matters

Sleep As A Status Symbol

Grateful Challenge

Four A's Challenge

Go Home Happy

Fight Aging with this Walking Routine

Pilates Hundred Challenge Exercise

Plank 101

Plank Master Challenge

Sit Less at Work Challenge Exercise
Improve Your Running Form Challenge
Fight computer slump with a foam roller Exercise
Create Lasting Gratitude Challenge
Increase Happiness with Gratitude Mindfulness
Put the Fun Back in Life
Reduce Stress with Acceptance
Protect Your Time by Saying “No” Mindfulness
Maintain Perspective During Stressful Times
Mindfulness
Learn to Appreciate Your Body
Communicate Clearly with “I” Statements
Mindfulness 2 weeks
Manage Stress in the Moment
Increase Happiness with Kindness Mindfulness
Bring Your Lunch to Work
Mindful Eating Challenge
Understand Why You Snack on Sweets

Reduce Added Sugars
Kick the Soda Habit Challenge
Hydrate for Better Health
Tame Your Sweet Tooth with Fruit Nutrition
Pet-Free Bedtime Challenge
Limit Negative News Challenge
Booze-Free Bedtime Challenge
Tech-Free Bedtime
Manage Worry to Sleep Better Challenge Sleep
Reduce Alcohol to Stop Snoring

Healthy Habit Trackers

Exercise Tracker
Nutrition Tracker
Sleep Tracker
Water Tracker
Weight Tracker

Email with questions. Schedule a demo.

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