

HealthWell Solutions

HealthWell Solutions is a health management company that provides customized corporate health and wellness solutions to drive successful health outcomes.

Serving clients nationwide.

Primary contact: Mark Mulray, mmulray@healthwellcorp.com, 888-935-4434 ext. 701

Website: www.healthwellcorp.com

Program/Service Name	Description	Onsite only, Virtual only, or Both?
Be Active		
Ergonomics E-learning	Ergonomics, both at work and at home, are important for long term health. This four part e-learning series will focus on the benefits of ergonomics, how to set up your workstation properly, and signs and symptoms related to ergonomic injuries.	Both
1:1 Ergonomic Assessment	Learn how to properly set up your workstation for improved comfort and reduced risk of injury. This assessment and workstation setup can be performed via a zoom session or onsite.	Both
Getting Your Hands Dirty & Your Thumbs Green: Injury Prevention for Gardeners and Yard Workers Workshop	Interactive presentation that discusses the importance of ergonomic factors and body positioning while providing some low-level stretching techniques for the management of stress and strain for the active gardener and yard worker.	Both

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

Group Exercise Classes	Yoga, Pilates, HIIT, Bootcamp, Mobility, Cardio, Core, Zumba	Both
Deskercise Workshop	Onsite seminar focusing on exercise that can be performed throughout the workday, right from your desk.	Both
Trainer Talks Workshop	Certified Personal Trainer will discuss topic of clients' choice and answer pre-vetted questions	Both
"Ready, Stretch, Go!" Workshop	Interactive presentation that discusses the importance of ergonomic factors and body positioning while providing some low-level stretching techniques for the management of stress and strain with everyday tasks such as household maintenance, working and leisure.	Both
Runner's Rehab Program Workshop	Recreational running has become one of the most popular forms of personal fitness, with many new runners beginning in their 30s-50s. This program deals with some of the most common injuries in the new runner, and ways to prevent them.	Both
Yoga Classes	Online Learning Center	Both
Be Nourished		
Changing Health Behaviors Workshop	Changing Health Behaviors - Refers to a person's beliefs and actions regarding their health and wellbeing. Change behaviors by working with Registered Dietitian, utilizing health coaching, creating S.M.A.R.T. goals, following the stages of change, and through self-efficacy.	Both
Cholesterol & Heart Health Workshop	Cholesterol & Heart Health - Risk factors for heart disease. Fast facts on cholesterol. Types of fat and its effect on the body.	Both

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

Eating for Longevity Workshop	Eating for Longevity - Your genes are NOT your destiny. Most chronic diseases can be prevented through diet and lifestyle. Nutrition is key.	Both
Fasting, Workouts, and Electrolytes Workshop	Fasting, Workouts, and Electrolytes - what happens to our body during fasts, and fasted workouts and the benefits. Need to hydrate with water or water w/ pinch of natural salt or bone broth to keep the body in a fasted state.	Both

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

<p>FOOD IQ (SIX WEEK SERIES) *Must be ordered in a package)</p>	<p>Class 1 - Understanding Macronutrients - Food is made of protein, fat and carbohydrates. Understand the importance of each function. Understand the best choices in terms of quality and necessity.</p> <p>Class 2 - Understanding Sugar - Understand how the consumption of excess refined sugar affects the body, and the detrimental health risks for chronic disease.</p> <p>Class 3 - Inflammation - what is inflammation and what does it do to the body? How to combat inflammation through food choices and lifestyle changes.</p> <p>Class 4 - Insulin Resistance -What is IR and what are signs and symptoms of it? Food to incorporate to balance blood sugar. How exercise and Intermittent Fasting help with IR.</p> <ul style="list-style-type: none"> • Class 5 - Gut Health and the Microbiome -the trillions of bacteria, good and bad live in our gut microbiome and help with immunity & other health conditions. Includes examples of what contributes to poor gut health, what to do to support gut health and what not to do. • Class 6 - Putting It All Together - 3 main macros, sugar intake, role of insulin, anti-inflammatory foods, reduction of stress, optimize gut health 	<p>Both</p>
<p>GI Health Workshop</p>	<p>GI Health - foods to help feed the good bacteria, what a healthy GI tract looks like, problems if GI Health is out of balance or the lining is impaired.</p>	<p>Both</p>

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

Health Myths Workshop	Health Myths - debunking commonly held ideas about food health and its effect on the body.	Both
Hormones, Vitamins, and Your Pant Size Workshop	Hormones, Vitamins, and Your Pant Size - Both inflammation and gut dysbiosis are linked to difficulty losing weight. Addresses nutrient deficiencies, stress, and what you can do about it.	Both
Lactation Support Workshop	Lactation Support - Important foods and nutrients for breastfeeding. Support for milk production.	Both
Leaky Gut Workshop	Leaky Gut - what is it and why it matters for your health? Description of intestinal lining, problems if it is permeable, and how to fix it.	Both
Myths About Eating Disorders E-Learning	Module Subtitles: Eating disorders myths, best treatment and strategies or eating disorders, eating disorders and exercise, eating disorders and substance use disorders, how to communicate with someone who is struggling with an eating disorder	Virtual
Nutrition and Breast Cancer Workshop	Nutrition and Breast Cancer - Understanding of how nutrition and lifestyle choices help with breast cancer. How sugar, alcohol and refined carbs affect cancer growth.	Both

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

Nutrition and Exercise for Healthy Families E-Learning	This four-part learning series was designed to help busy families overcome common nutrition challenges, learn practical meal planning tips and understand portion sizes recommended for all age groups. Lastly, we look at ideas for fitting in fitness, the importance and tips for limiting screen time and explore ideas to increase physical activity for the whole family.	Both
The Truth About Fat Workshop	The Truth About Fat - The misconception that fats cause weight gain, and how to change this narrative.	Both
The Truth About Whole Grains Workshop	The Truth About Whole Grains - myths related to the Standard American Diet, and how to debunk them.	Both
Understanding Diabetes Workshop	Understanding Diabetes - what it is, how does it manifest in the body, how to prevent or reverse it.	Both
Women's Health- Hormone Imbalance Workshop	Women's Health- Hormone Imbalance - Description of hormones, fertility, nutrition, and lifestyle choices to help prevent PCOS.	Both
Be Energized		
De-Stress at Your Desk Workshop	An interactive demonstration that combines ergonomics, activity-specific stretching, and breathing techniques for the increased computer and other sitting-related tasks.	Both
Emotional Health Workshop	An introductory class on managing stress and developing resilience to meet the needs of everyday life.	Both

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

Family of Origin Work E-Learning	Getting unstuck, goal-setting for wellness, wellness, solution-focused wellness, family recovery	Virtual only
Financial Wellness Workshop or Series	12 Topics Per Year	Virtual only
Harnessing your personal power with Energy Leadership Coaching Workshop	A more in-depth Workshop on what Core Energy coaching is and how it can help with behavioral change	Both
Introduction to Coaching Workshop	A 101 class on an intro to what coaching is and how it can help employees achieve their goals.	Both
Introduction to HeartMath Workshop	A 101 class teaching the benefits of Biofeedback utilizing Heart Rate Variability (HeartMath) which includes the teaching of one breathing technique.	Both
Mindfulness E-Learning	What is mindfulness, core mindfulness, practicing wise mind (multiple modules on two of these)	Virtual Only

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

Personal Journey to Health E-Learning	Discover the heart of who you are and what you want most in your life. Learn how stress affects your mental, physical and emotional experience. Uncover and disengage from the negative impact stress has on your body and mind. Improve your health and overall sense of well-being. Enhance your relationships and reduce the stress that results from miscommunication. Bring more creative thinking to your plans and projects.	Both
Resiliency and Spiritual Fitness E-Learning	Module subtitles: History and resiliency, spiritual fitness & spirituality, honesty & spirituality, healthy relationships & spirituality, higher power & connection	Virtual only
Revitalize You E-Learning or Workshop	To understand the relationship between emotions, stress, performance and health. To recognize and disengage from the negative impact stress has on your body & mind. To become skilled at the foundational techniques in the HeartMath system. To restore nervous system health. To increase resilience, vitality and feel better more often. To achieve clearer perspectives in difficult situations. To revitalize relationships.	Both

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

Sober Curiosity and Mindful Drinking E-Learning	Introduction to sober curiosity and mindful drinking, mindful drinking, sober curiosity	Virtual Only
Smoking Cessation Workshop or Series	Developed by tobacco cessation specialists, learn how to implement evidence-based strategies to quit and avoid relapse in the future.	Virtual only
Strategies for Coherent Performance E-Learning or Workshops	Re-engage with what is most important to you at work and at home. Identify what blocks you from the effectiveness you want - mentally, emotionally & physically. Uncover and disengage from the negative impact stress has on your body & mind. Achieve focused clarity and sustain peak performance. Listen and communicate more effectively - personally & professionally.	Both
Stress Management in the Workplace E-Learning	Learn the risk of stress and burnout in the workplace. Recognize the signs you are experiencing burnout and stress in the workplace. Understand stress isn't the enemy, it is how we rebound and repair from stress that is important. Learning how to complete the stress cycle when it does emerge.	Both

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

Voyage to Heart Intelligence E-Learning or Workshop	Discover what's at the heart of who you are and what you want most in your life. Identify what blocks you from the life you want - your personal dreams, mission and goals. Uncover and disengage from the negative impact stress has on your body and mind. Improve your mental capacity and solve problems more effectively with less wear and tear on you. Enhance your relationships and reduce the stress that results from miscommunication. Bring more creativity and out of the box thinking to your plans and projects.	Both
Weight Management E-Learning	Online Learning Center	Virtual only
Wellness & Health: Work/Life Balance Workshop	A generalized discussion of how the interactions between activity, rest, nutrition, and body movements may affect our daily performances in work and home.	Both
HeartMath Tools For Mental Wellbeing Workshop	Review of philosophy of HeartMath tools and the 12 tools, along with practical application and discovery.	Both
Be Empowered		
Biometric Screenings	Blood Pressure	Onsite only
	Body Composition Analysis	Onsite only
	Glucose	Onsite only
	Osteoporosis	Onsite only
	Hemoglobin A1C	Onsite only
	Cotinine	Onsite only
Biometric Screenings Cardiovascular	PSA	Onsite only
	Total Cholesterol (TC)	Onsite only
	TC and Glucose	Onsite only

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

Cholesterol Panels	HDL	Onsite only
	TC and HDL	Onsite only
	TC, HDL and Glucose	Onsite only
	Lipid Profile	Onsite only
	Lipid Profile and Glucose	Onsite only
Package A	<u>Finger stick</u> Lipid profile (TC, HDL, TC/HDL ratio, LDL, LDL/HDL ratio, Triglycerides) Glucose Blood Pressure (BP) & Pulse Body Mass Index (BMI) Measured Height & Weight, Waist Girth	Onsite only
Package A	<u>Venipuncture</u> Lipid profile (TC, HDL, TC/HDL ratio, LDL, LDL/HDL ratio, Triglycerides) Glucose Blood Pressure (BP) & Pulse Body Mass Index (BMI) Measured Height & Weight, Waist Girth	Onsite/lab only
Package B	<u>Finger stick</u> Total Cholesterol; Glucose; BMI (self-reported Height & Weight); Blood Pressure	Onsite only
Package B	<u>Venipuncture</u> Total Cholesterol; Glucose; BMI (self-reported Height & Weight); Blood Pressure	Onsite/lab only
Package C	<u>Venipuncture Comprehensive</u> (full metabolic/CBC/thyroid/lipid profile) & BP	Onsite/lab only
Package D	<u>Finger Stick</u> - Lipid Profile (Total Cholesterol, HDL, LDL, TC/HDL ratio, Triglycerides)	Onsite only
Package E	<u>Finger stick</u> Lipid Profile, Glucose, BP	Onsite only

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

Package F	<p>Finger Stick Total Cholesterol/HDL and Glucose Blood Pressure & Heart Rate Height/weight/BMI & Waist circumference</p>	Onsite only
Package G	<p>Venipuncture: Total Cholesterol/HDL and Glucose Blood Pressure & Heart Rate Height/weight/BMI & Waist circumference</p>	Onsite/lab only
Vision	<p>The Vision screenings that we offer are a preventative screening. We use a Snellen Eye Chart via a professional vision app on an iPad to measure visual acuity (how sharp vision is at a distance). A larger room is required to ensure the correct distance between iPad and participant.</p>	Onsite Only
Angioscreen	<p>A simple, painless, radiation-free screening for the risk of heart disease and stroke This revolutionary screening includes tests and a personal consultation to provide participants with immediate and clear results of circulatory and vascular health. Tests include:</p> <ul style="list-style-type: none"> • Carotid Artery Ultrasound • Ankle Brachial Index • Abdominal Aortic Aneurysm • Peak Systolic Velocity • Heart Rate • Heart Rhythm EKG • Body Mass Index • Blood Pressure 	Onsite only

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

Respiratory Health – Smoking / Asthma	Lung Function Screening provides an objective assessment of airflow from the lungs. Certain lung conditions (asthma, smoking, chronic bronchitis) can impede the flow of air to and from the lungs. This non-invasive screening can alert individuals of the need to follow-up with their doctor based on the level of air flow produced. Participants breathe into a spirometer device that measures the amount and force of the air as it is expelled from the lungs.	Onsite only
Blood Pressure	Our blood pressure screenings are conducted by our trained and credentialed staff to identify those who may be at high risk for cardiovascular disease and should follow up with their primary care physician.	Onsite only
Musculoskeletal / Bone health	Educate participants regarding Osteoporosis and its various risks. Muscle, Bone and Joint Health as it relates to pain prevention, fitness and arthritis management. Grip Strength Test (Test of muscle strength) Sit and Reach Test (Measure of Muscle Flexibility) Range of Motion (Measure of flexibility of specific joints) Chair or Therapeutic Massage (optional)	Onsite only
Cancer Awareness Program	Onsite interactive health fair, screening and education on Breast Cancer, Lung Cancer, Testicular cancer, Skin cancer and Colorectal Cancer	Onsite only

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

<p>A Trickle to a River Workshop</p>	<p>This Workshop we will discuss the best approach for implementing the written plan you will be creating for yourself. This interactive session will help you to:</p> <ul style="list-style-type: none"> • Build your personal, written Wealth Policy statement <ul style="list-style-type: none"> o Put your goals and savings rate in writing o How to create an effective written asset allocation policy: Time Based Asset Allocation o How to build your specific portfolio strategy, and select the proper investments o Documenting your diversification and rebalancing strategy. • Set up your savings plan <ul style="list-style-type: none"> o Creating your annual budget. o Automate savings from your paycheck o Creating your liquidity: the Emergency Fund o Longer term savings and retirement plans 	<p>Both</p>
--------------------------------------	--	-------------

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

Debt management Workshop	<p>This Workshop we will discuss practical debt management techniques and planning strategies. Despite market volatility and economic uncertainty, there are simple, immediate steps you can execute to take control of your debt.</p> <ul style="list-style-type: none"> • Establishing and maintaining a strong credit rating • The evils of credit card debt • Debt consolidation and refinance strategies • The basics of mortgage financing • Creative borrowing strategies • Wealth accumulation through Safety, Liquidity, and Rate of Return 	Virtual only
Diabetes E-Learning	<p>The Living Well with Diabetes e-Learning Series is an interactive program to help participants navigate a prediabetes or diabetes diagnosis. Participants will receive education on nutrition, exercise, the importance of mental health and support, following their doctor’s care plan, and staying on track with tests, exams, and immunizations that will help them live a healthy and fulfilling life with diabetes.</p>	Virtual only
Financial Wellness Series or Workshop	12 Topics Per Year	Virtual only

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

<p>Healthy Living With a Chronic Condition E-Learning</p>	<p>According to the National Health Council, 133 million Americans are living with a chronic condition and more and more people are now living with multiple chronic conditions. We understand that living with a chronic condition can be overwhelming and sometimes scary. In this series, you'll learn what it takes to be a positive self-manager of your chronic condition. You'll acquire knowledge and skills in healthy eating, physical activity, weight management, how to communicate with your healthcare team, how to find resources, and how to plan for the future. You can learn how to live your best life while managing your chronic condition.</p>	<p>Virtual only</p>
<p>Riding the Rapids: Disability Workshop</p>	<p>The possibility of disability of the primary breadwinner in your family is likely to be the greatest risk you will face as you grow your River of Wealth. This month we will discuss the best approach for mitigating this risk:</p> <ul style="list-style-type: none"> • Understanding the risk, and probability of disability • Calculating your needs in the event of disability <ul style="list-style-type: none"> o Current income replacement o Long-term planning and wealth creation • Managing the risk: <ul style="list-style-type: none"> o Assess your current coverage 	<p>Virtual only</p>

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

Riding the Rapids: Survivor Protection Workshop	The possibility of death of the primary breadwinner in your family is likely to be the next greatest risk you will face as you grow your River of Wealth. This month we will discuss the best approach for mitigating this risk: Understanding the risk, and probability of premature death, calculating your needs in the event of premature Current income replacement, educating the kids, long term planning and wealth creation, managing the risk, assess your current coverage, proper product selection: term or permanent, consider supplemental coverage, and to Trust or not to trust?	Virtual only
Tax Planning Workshop	Learn how to manage your tax burden and tax planning strategies.	Virtual only
The 10 Pillars of your River of Wealth Workshop	The mission of this program is to help you to develop a plan to achieve your personal version of Financial Freedom for your future. Financial Freedom is defined as an income stream that you cannot outlive, and the pursuit of this program is to help you to create a plan to achieve the Wealth which will produce that income stream for you. Although this may seem like an impossible goal, anything is possible with a little education and a lot of your own commitment.	Virtual only

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

Your Personal Planning Blueprint Workshop	In this Workshop you will begin to outline your custom, written financial plan for achieving future financial freedom. This interactive session will help you to: <ul style="list-style-type: none"> - Create your vision of Financial Freedom - Create your desired “Freedom Date”, the time by which you hope to retire or semi-retire. - Calculate the amount of income you will need per year in retirement. - Calculate your needs for intermediate-term goals like college, purchase of a new home, etc. 	Virtual only
Value-Added/Turnkey Services		
Turnkey Program (Special \$5,000 program for employers with <300 employees)	<ul style="list-style-type: none"> • Two Workshops • Two health challenges • Website platform with IBC resources embedded <ul style="list-style-type: none"> – Fitness and Nutrition Resources and Tracking – Stress and resilience resources • Quarterly meeting with client team 	Virtual only
HEALTH CHALLENGES		
Abs For August	This challenge encourages you to complete abdominal workouts each day to improve your core over the course of several weeks.	Virtual only
Amusement Park Tour	Grab your sneakers, tie up those leashes, and round up your coworkers as you take a virtual tour of some of the most famous theme parks in the United States! Stops include Six Flags,	Virtual only

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

	Knoebels, Hershey Park, Cedar point, and Busch Gardens.	
Appalachian Trail	Join your coworkers on a virtual locker tour along the Appalachian trail! We will begin our exploration on Springer Mountain in Georgia and backpack are way along the trail to Mount Katahdin in Maine. Enjoy the scenery along your hike.	Virtual only
Biggest Loser, Weight Management Challenge	Weight Management challenge that encourages participants to lose weight	Virtual only
Booking It to the Keys	Enjoy the landscape of the Florida Keys during this virtual walking challenge.	Virtual only
Challenge Your Palate	This challenge requires users to complete different healthy eating habits over the course of weeks	Virtual only
Champions Of The Cape	Join your coworkers on a virtual road trip to the scenic Cape Cod. We will begin our journey in Provincetown, Massachusetts making stops down the coastline. Stops include the Cape Cody Sanctuary, Hyannis Port, and the Nobska lighthouses, with charming towns in between!	Virtual only
Collage of Happiness	This challenge requires you to take various pictures of things that make you happy over the course of several weeks. This challenge is designed to help you reduce stress, be mindful, and find joy in the little things.	Virtual only
Complaints To Compliments	Complaining can negatively affect our physical and mental well-being. In this challenge, you will complete various healthy habits over the course of several weeks that will help you overcome stressful situations and lead to a more fulfilling life.	Virtual only

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

Cooking Challenge	Staying home mean it's time to pick up some new skills around the kitchen! This challenge requires you to complete different healthy cooking habits over the course of several weeks to help you develop habits that will stay with you the rest of your life!	Virtual only
Cruising' Through Cali	Escape the chilly winter months and join your coworkers on a virtual tour through sunny California.	Virtual only
Deter Diabetes	This challenge requires users to complete different healthy habits over the course of several weeks that help you develop habits that will help you manage or prevent diabetes for life.	Virtual only
Exploring Australia	Join your coworkers on a virtual walking toward their beautiful Australia. Begin in Gold Coast, making stops in Byron Bay and Coffs Harbor before heading towards Sydney. Enjoy the scenery throughout your journey, while walking to earn credit	Virtual only
Exploring Jamaica	Escape the chilly winter months and join your coworkers on a virtual tour through tropical Jamaica.	Virtual only
Exploring the Coast	Participate in this walking challenge that takes users to different coast to coast points. Walk the route and experience a virtual walking tour along the coast.	Virtual only
Financial Healthy Habits Challenge	This challenge requires users to complete positive financial habits over the course of several weeks.	Virtual only
Financial Wellness-Holiday Saving Spree Challenge	Complete positive financial habits that will help you develop smart financial habits that will stay with you for the rest of your life.	Virtual only

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

Football Frenzy Walking Challenge	We're kicking off fall and football season on the right foot! We will take our NFL stadium tour up the coast, beginning at FedEx Field and ending at MetLife Stadium. In between, we will pass through M&T BANK stadium in Lincoln financial Field	Virtual only
Game of Life	This challenge requires participants to complete various healthy habits to improve overall health and well-being.	Virtual only
Get Yourself Off The Shelf	This challenge encourages you to complete various healthy habits over the course of several weeks to help you develop habits that was there with you the rest of your life.	Virtual only
Going For Gold! Olympic Challenge	Join your coworkers on the virtual walking tour through Japan to the Olympic stadium in Tokyo! Our journey will span across Japan, beginning in Sendai, making stops in Fukushima and Ibaraki before ending in Tokyo.	Virtual only
Grand Adventure	Join your coworkers on a virtual tour through the Grand Canyon!	Virtual only
Harvest Your Health	This challenge requires users to complete various healthy habits to improve overall health and well-being.	Virtual only
Health Is Wealth	Start small and end big! This Health Is Wealth Tax Season Walking Challenge is meant to push you beyond your typical daily step count by gradually increasing your steps throughout the busy tax season.	Virtual only
Healthy At Home Challenge	This challenge encourages you to complete various healthy habits to help you stay happy, healthy, and mentally strong while spending more time at home.	Virtual only

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

Healthy Habits for Mindful Living	This challenge requires users to complete different healthy habits that will help them live more mindful lifestyles.	Virtual only
Homerun for Health and Wellness	Join your coworkers on a virtual walking tour through the top baseball diamonds! We will begin our journey visiting the home of the Boston Red Sox at Fenway Park, making stops at the Yankee Stadium, and others before heading to the Los Angeles Dodger's Dodger Stadium.	Virtual only
iWorkout	This challenge encourages you to complete physical activities over the course of several weeks to help you develop habits that will stay with you the rest of your life.	Virtual only
Italy Walking Challenge	Enjoy the landscapes of Venice Milan Florence Rome and Naples during this walking challenge. Enjoy the scenery throughout your journey.	Virtual only
Just For The Health Of It	This challenge requires users to earn credit by completing various healthy habits throughout the length of the challenge.	Virtual only
Kick It Up! Walking Challenge	Improve physical activity and work towards a goal of creating a consistent walking habit in everyday life!	Virtual only
King Of The Hill Walking Challenge	Start small and end big! This King of the Hill challenge is meant to push you beyond your typical daily step count by gradually increasing your steps each month. The goal is to set progressive daily step goals and to reach a higher per day average by the end of the challenge	Virtual only
Maintain Don't Gain	Avoid those holiday pounds by participating in this Maintain Don't Gain Weight Management challenge. The goal is to maintain your weight throughout the holiday season.	Virtual only

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

Mindful Bingo	This challenge offers different mindful and creative habits to complete over the several weeks. Each week three habit options from the bingo card will become available. Enjoy participating in at least one habit each week throughout the challenge. Once you have completed the fifth week you will have completed BINGO.	Virtual only
Mind Over Matter Trivia Challenge	This challenge will give you valuable insight on different aspects of wellness and test your knowledge of the material. Over the course of several weeks a new topic and questions will become available.	Virtual only
Moving Through The Movies	Join your coworkers on a virtual walking road trip to your favorite movie destinations. We will begin our journey at the start at the iconic Rocky statue in Philadelphia PA. We will be making stops along the way to various historical movie settings before finishing where the route ends in sunny California.	Virtual only
Navigating New England	We will begin our virtual walking challenge in Portland Maine, making stops in White River Junction Vermont, Portsmouth New Hampshire, and Wilmington Massachusetts, before finishing in Southbridge Massachusetts. Enjoy the beautiful scenery throughout your journey.	Virtual only
Prompts for Positivity	This challenge encourages users to press pause on each day and take time to reflect on the positivity around you.	Virtual only
Race to the Finish	This walking challenge aims to improve physical activity and create consistent walking have it in everyday life. The goal is to set progressive daily	Virtual only

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

	step goals to reach 10,000 steps per day by the end of the challenge.	
Reach the Beach Walking Challenge	Join your coworkers on the verge of a walking tour to an along the beautiful New Jersey's Shores! We will begin our journey in Philadelphia, making stops at Sandy Hook New Jersey then south to Cape May New Jersey, and then returning to Philadelphia.	Virtual only
Route 66 Road Trip	Join your coworkers on a virtual walking road trip on the historical Route 66. We will begin our journey at the start of the route in Chicago, making stops along the way in Missouri, Kansas, Oklahoma, Texas, New Mexico, and Arizona before finishing where the route ends at the Santa Monica Pier in California.	Virtual only
Self-Care Sundays	Over the course of this challenge, users are challenged to make time during their Sunday routine to focus on their physical and mental wellbeing.	Virtual only
September Nashville Walking Challenge	Join your coworkers on a virtual walking tour through Atlanta Georgia to Nashville Tennessee! We will begin our walking challenge in Atlanta making stops in Chattanooga and music hotspots in Nashville, before finishing at "Country's Most Famous Stage".	Virtual only
Slim For Summer	Over the course of this challenge, participants are challenged to maintain or lose weight to reach their personal health goals.	Virtual only
Spell It Out To Work It Out	This challenge encourages you to complete various healthy habits over the course of several weeks to help you stay strong and healthy while spending more time at home. Spell out a name,	Virtual only

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

	place, or thing, and complete the work out associated with each letter.	
Spring Into Summer	Summer is just around the corner and the best way to prepare for those bathing suit months is to start a consistent walking routine. Set progressive daily step goals to reach 10,000 steps per day by the end of the challenge.	Virtual only
Spring Slimdown	What better time to get ready for summer than now! The goal of this weight loss challenge is to create healthy habits that encourage you to lose those extra pounds or maintain your current healthy weight throughout the length of this challenge.	Virtual only
Stay Fit Through Tax Season	Help manage your stress level and avoid gaining unwanted weight through the hectic tax season by participating in this walking challenge.	Virtual only
Step It Up	This challenge encourages you to complete various healthy habits over the course of several weeks to help you maintain your health and fitness goal.	
Stroll Through New England	Enjoy the autumnal landscapes of New England during this virtual walking challenge.	Virtual only
The Great Tax Hike	Help manage your stress levels and then void unwanted weight gain through the hectic tax season. The goal is to average 5000 steps per day.	Virtual only
The Natural Wonders of Ohio	Join your coworkers on a virtual walking to work through the Buckeye State's most breathtaking geological wonders, both natural and man-made! The route is designed to accommodate all fitness levels so enjoy the course!	Virtual only

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

The Patriotic Walking Tour	Begin your virtual tour at Paul Revere House in downtown Boston, then make your way down the East Coast. You will stop at some of the most historic places in our country before the tour ends at the beautiful Washington Monument in Washington DC.	Virtual only
The Road To Going Green	This challenge requires you to complete various eco-friendly habits over the course of several weeks to help you create a more sustainable lifestyle.	Virtual only
Tour De France	Join your coworkers on a virtual walking tour through beautiful France. Our journey will follow the original Tour de France route beginning in Paris, making stops in Lyon, Marseille, Toulouse, Bordeaux, and Nantes before ending back in Paris.	Virtual only
Tour of Maryland	Step out of spring into summer by joining your coworkers on the verge of a walking tour through Maryland! We will be making stops in Annapolis, Baltimore, and Chesapeake City, before finishing in Ocean City. Enjoy the scenery throughout your journey.	Virtual only
Tour of National Parks	Join your coworkers on a virtual walking to work through some of the country's beautiful national parks! We will begin our journey at Canyonland National Park, making stops at Arches, Bryce Canyon, and Zion National Park before finishing at the iconic Grand Canyon National Park. Enjoy the scenery throughout your journey.	Virtual only
Tour Through Ireland	Join your coworkers on a virtual of a walking tour through beautiful Ireland! Our journey will span across Ireland, beginning in Dublin, making stops	Virtual only

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

	in Galloway, Limerick, Cork, and Waterford before ending back in Dublin.	
Triple Crown Challenge	Join your coworkers on a virtual race from one triple Crown racetrack to another! Our journey will start at the Kentucky Derby in Louisville Kentucky and then stop in Baltimore Maryland for the Preakness Skates before ending in Elmont New York for the Belmont Stakes.	Virtual only
Turkey Trot to Christmas	Avoid those holiday pounds by participating in this three-month individual walking challenge. The goal is to set progressive daily step goals to reach 10,000 steps per day by the end of the challenge.	Virtual only
Walktoberfest	This challenge is an interval walking challenge, where users are challenges to average steps per day during each interval.	Virtual only
Walk to Walt Disney	Grab your sneakers, tired of those leases and round up your coworkers as you take a virtual tour to the happiest place on earth, Walt Disney World!	Virtual only
Wellness Without Borders (Social Wellness Challenge)	<p>Customized Wellness challenges connected to a social purpose. Enhance employee wellbeing while helping others in need. The topics that drive the challenge range from exercise to nutrition based or mental wellbeing. Common themes include social causes such as:</p> <ul style="list-style-type: none"> - Endangered ecosystems or species - Sponsor a life changing surgery - Custom social purpose - Medication for those in developing nations 	Virtual only

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.

Working Towards Wellness	This challenge encourages you to complete various healthy habits over the course of several weeks to help you develop habits that will stay with you the rest of your life.	Virtual only
Why Weight?	This challenge requires users to complete various healthy habits over the course of several ways to help maintain a healthy weight.	Virtual only
10,000 Steps At Home Challenge	Staying active while social distancing seems tough but tracking your steps can be an excellent motivation to help you move! Join your coworkers in this walking challenge designed to help you increase your daily step count right from your home. Let's get moving!	Virtual only

The information in this document has been taken directly from vendor materials and is accurate at the time of printing. Independence Blue Cross is not responsible for changes, inconsistencies, or omissions. To get the latest information, visit the vendor website directly.