



Right This Weigh™

Help participants reach and maintain a healthy weight for life

RIGHT THIS WEIGH is a 12-week challenge that inspires participants to build healthier habits in order to advance along famous trails.

Client Benefits



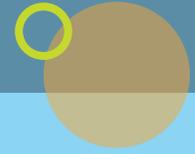
- **Easy to implement.** *Right This Weigh* is an online challenge through our platform. Single sign on verifies participant eligibility, and no on-site staff is needed to manage the challenge.
- **Simple to promote.** Select from our website options to match promotional emails and web ads to your wellness program. You also have access to promotional print-ready materials, ready for your unique company branding.
- **Supports wellness.** Every time participants record a *Right This Weigh* activity—such as exercise, produce choices, sleep or a healthy breakfast—they are rewarded by advancing along the trail.

Participant Benefits



- **Daily support.** Participants receive tips, healthy recipes and informative articles, as well as access to an interactive message board, to help keep them engaged and on track.
- **Rewarding.** Each time participants advance along the trail, they see vivid descriptions and images of geography, people and local customs that make the trail come alive.
- **Social connection.** Participants can compete as a team and help support one another along the trail, or as individual participants, they can pair up with “Trail Mates” for personal challenges and social support.

Right This Weigh



What you need to know

- Participants record daily health habits and their weekly weight to move along the trail. Tracking daily progress helps strengthen and reinforce a commitment to better health habits and a healthy weight for life.
- A mobile app is available as a companion to the online challenge to log activity, view progress, check team status, share healthy recipes and more.
- Optional Fitbit® integration is available for automatic activity tracking.
- Optional MapWalk™ integration is available to make creating and sharing walking routes easy and fun.

Sample timeline

Eight weeks before launch: HealthFitness coordinates website configuration, branding and implementation setup.

Two to three weeks before program start date: Promotion, registration and team sign-ups begin.

Weeks one to 12: Participants record healthy activities and weekly weight to progress along trails from all over the world.

Post-program: Participants complete the post-program survey. HealthFitness tabulates results and provides summary report 30 days after program completion.

Add to your wellness programs

Contact your HealthFitness representative to add *Right This Weigh* to your wellness challenge programming.

About HealthFitness

HealthFitness, a Trustmark company, is an award-winning, URAC- and NCQA-accredited provider of health management, corporate fitness and condition management solutions. With nearly 40 years of experience, HealthFitness is a proven leader and partner for infusing a culture of health. We maximize client results through personalized interaction and a science-based approach to on-site program management, engagement and prevention. Parent company Trustmark provides a full spectrum of employee benefits to improve well-being through better health and greater financial security. For more information on HealthFitness, visit www.healthfitness.com.



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Fitbit is a registered trademark and service mark of Fitbit, Inc.
MapWalk is a trademark of Health Enhancement Systems.

