



Health for the Holidays™

Help participants skate through the season a little healthier and happier.

HEALTH FOR THE HOLIDAYS is a four-week wellness challenge to help participants thrive during a typically busy, stressful time of the year. Daily activities focus on boosting energy and vitality, enhancing resiliency and strengthening feelings of joy and hope. For each completed activity, participants earn animations to build a whimsical holiday scene. The more activity, the richer the scene! Participants track their progress by accumulating points, in the form of snow, to add to their holiday scene.

Client Benefits



- **Builds wellness momentum.** Ends the year on a high note, with a fun resource to help bring balance to a hectic time of year, while building momentum for the upcoming year.
- **Easy to implement.** This is an online challenge on our platform. Single sign-on verifies participant eligibility, and staff is not needed to manage the challenge.
- **Supports Well-doing®.** Supports a broader, whole-person view of health, including emotional and social, helping participants take actionable steps toward improving their lives.

Participant Benefits



- **Daily support.** Participants receive tips, healthy recipes and informative articles, as well as access to an interactive wellness wall for support and motivation.
- **Boosts resiliency.** Activities boost resiliency, energy and vitality during what is typically a busy, hectic time of year, helping participants end the year on a high note.
- **Social and friendly competition.** Participants may compete individually or as part of a team, which allows communication via a chat feature.

Health for the Holidays

What you need to know

- Health for the Holidays emphasizes and encourages fun, helping participants enjoy and thrive during a time of year that can be busy and stressful
- The website is mobile responsive and compatible with iPhone™ and DROID™ mobile devices without a separate app download, allowing participants to log activity, view recipes and daily tips, check team stats and more on the go
- Optional Fitbit® integration is available for automatic activity tracking
- The MapWalk™ tool makes creating and sharing walking routes easy and fun.

Sample timeline

Eight weeks before launch: HealthFitness coordinates website configuration, branding and implementation set-up.

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

Weeks one to four: Participants complete activities, build on their animated holiday scene and accumulate snow as points.

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 Health for the Holidays 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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