



LIFE ON THE MOVE

An online wellness solution that incorporates the latest technology, activity tracking, expert health content and social support to create sustainable behavior changes in your organization.

Priced per participant per month

PROVEN WELL-BEING TRAINING FOR



MIND



BODY



SPIRIT

TO GET STARTED VISIT: WELCOA.ORG/LIFE-ON-THE-MOVE

POWERED BY WELCOA[★]

WHAT ORGANIZATIONS ARE SAYING



No other challenge has received this level of engagement. We have 118 out of our 127 employees signed up and they are all doing everything!"

CELESTEE ROUFS | GROUP HEALTH COOPERATIVE OF EAU CLAIRE



Of the 3 online challenge programs/platforms we've used over the past 3 years, I personally think the format, user-friendliness and weekly communications of *On the Move* are top of the list!"

SUSAN BLOOMBERG | PREMISE HEALTH



On the Move will be the best thing you do for your organization. Building comradery, building community, being inclusive. I can't say enough about what it has done for us, and I think we'll hear a lot more great stories."

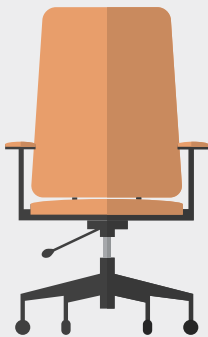
KIM HAUGE | KENT STATE UNIVERSITY



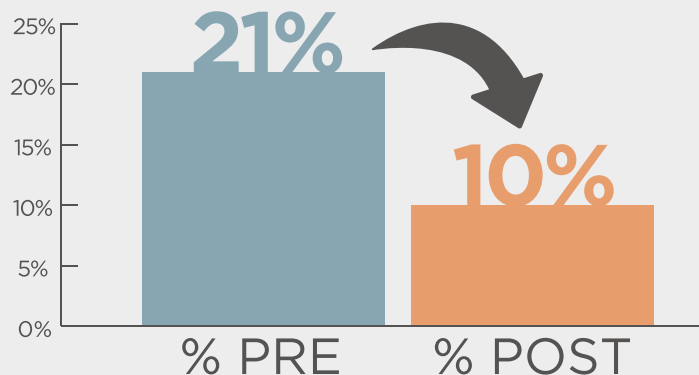
The *On the Move* Challenge is a wonderful way to build teamwork! One employee who we don't hear much from put a post out this morning to encourage others, and it is a perfect path for me to increase everyone's participation with the online features! I'm glad we are participating!"

SUSAN DELAUTER | CITY OF HAGERSTOWN

AFTER PARTICIPATING IN ON THE MOVE



THE NUMBER OF
EMPLOYEES
WHO REPORTED
SEDENTARY LIFESTYLES
DECREASED BY
MORE THAN HALF



130% MORE

employees are physically active at a moderate intensity level every day!



11% INCREASE

in employees believing their organization supported them in their physical activity efforts.



41% MORE

employees met CDC guidelines of moving at least 30 minutes a day, 5 times per week.



35% MORE

employees reduced their sitting time outside of work to under 2 hours!



25% MORE

employees are active enough to begin losing weight and improving aerobic capacity.

LIFE ON THE MOVE PLATFORM

FEATURES INCLUDE:

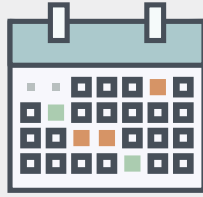
- › Expert written health articles
- › Device integrated activity tracking
- › Targeted coaching from fitness expert Sean Foy
- › Social support features
- › Reflective self assessments



WHAT'S INCLUDED IN REGISTRATION?

- › Monthly platform access at a monthly per participant rate.
- › Ability to create individual, departmental and organizational level challenges.
- › Monthly curriculum of turn-key programming that teaches participants to focus on their purpose, their intention, their reason for practicing healthy behaviors
- › Incorporates financial well-being, stress management, nutrition, social well-being and more into purpose-driven curriculum.
- › High-touch personalized assessments and coaching that will change your employees' health behaviors and attitudes.
- › Educational videos, tools and resources for helping employees move in all aspects of life.
- › Optional device integration at no additional cost.
- › Hands-on training for onsite coordinators on best practices that will enhance your program for years to come.
- › Optional training and certification for onsite coordinator.
- › Ongoing customer service and support for your onsite coordinator.
- › Anytime download of participant report.

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HOLISTIC PROGRAMMING EVERY MONTH

January New Year-New You: Brain Breakthroughs for a Better Life

February Living Pain Free

March Changing for Good: How to Make Healthy Habits Happen

April Make it Happen: Lifestyle Choices that Fuel a Healthier You

May Financial Well being

June Physical Activity

July Nourish Your Life: It all Begins with food

August Beating Burnout: The Neurology of Burnout

September Habits of a Happy Life

October The Power of Resiliency

November Gratitude

December Happy Healthy Holidays

MONTHLY PRICING

LOW RATES & FLEXIBLE ROLLOUT SCHEDULES

	1 MONTH COMMITMENT	3 MONTH COMMITMENT	6 MONTH COMMITMENT	9-12 MONTH COMMITMENT
PER PARTICIPANT RATE (under 200 participants)	\$15 pp/pm	\$8 pp/pm	\$6 pp/pm	\$5 pp/pm
PER PARTICIPANT RATE (200-500 participants)	\$12 pp/pm	\$6 pp/pm	\$5 pp/pm	\$3 pp/pm
PER PARTICIPANT RATE (more than 500 participants)	\$8 pp/pm	\$5 pp/pm	\$3 pp/pm	\$2 pp/pm
INITIAL SET-UP FEE*	\$1,000	\$1,000	\$1,000	\$1,000
DEVICE INTEGRATION (multiple devices)	Free	Free	Free	Free

*This is a one-time fee that covers the following services for the life of your On the Move Monthly commitment:

- › Initial set-up
- › Device integration support
- › Staffed helpdesk support for your employees
- › Customizable signage (flyers, posters, table tents, email templates, etc.) for communicating the challenge to employees
- › Ongoing training and support for onsite coordinators in best practices for challenge engagement as well as special certification opportunities

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ABOUT WELCOA

WELCOA (The Wellness Council of America) is one of the nation's most-respected resources for building high-performing, healthy workplaces. With a 30 year history and more than 5,000 corporate members, WELCOA has an impeccable reputation for helping business and health professionals improve employee well-being and create healthier organizational cultures.



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