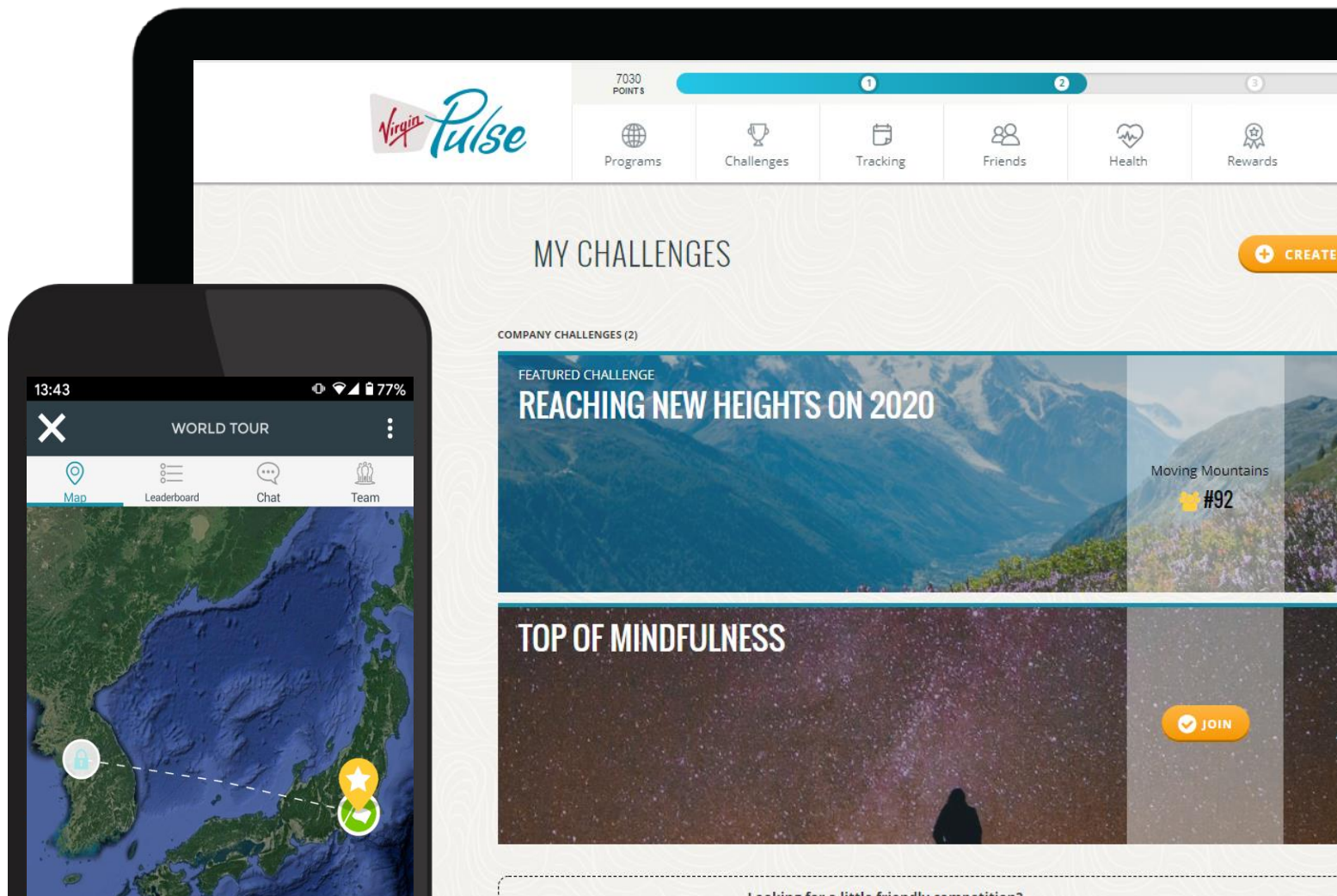


Challenges

Build healthy habits with fun, social wellbeing challenges

Boost motivation and keep employees engaged with impactful challenges ranging from team-based company challenges to grassroots competitions



Virgin Pulse's on-platform challenges immerse employees in an experience where individuals or teams can join each other in virtual competition to become healthier

Types of Challenges

- ✔ **Destination Challenges:** Team-based step-based challenge where players virtually travel across an interactive map and unlock destinations as they go
 - ✔ **Staged Challenges:** Team-based step-based challenge where players unlocked set stages as they progress
 - ✔ **Basic Challenges:** Team-based step competition deployed to total organization or population segment
 - ✔ **Charity Challenges:** Take your virtual challenges to the next level. Charity challenges are step-based but create a sense of giving back
 - ✔ **Spotlight Challenges:** Challenge framework that offers clients a prescriptive vehicle for health concerns and areas of wellbeing relevant to their population (e.g., stress)
 - ✔ **Peer-to-Peer Challenges:** Members challenge friends in healthy habit or personal step challenges
 - ✔ **Promoted Healthy Habit Challenges:** Calendar of monthly healthy habit challenges across wellbeing areas, administered & promoted by Virgin Pulse
 - ✔ **Cross Sponsor Challenges:** Team-based challenges that allow teams from different companies to compete against each other
 - ✔ **Family Challenges:** Friends and family of the employee can be on the same team, competing against other teams at the employee's company
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Drive Healthy Activity and Friendly Competition



Ready to take your employee wellbeing program to the next level? Talk to an expert at Virgin Pulse to get started.

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