



Frequently Asked Questions

Want a quick overview of our latest wellness incentive challenge? All the information you'll need to be successful in making it through this challenge is included below.

WHO is the challenge designed for?

This challenge is designed for individuals. The real emphasis of this challenge is on promoting wellbeing for the body, mind and soul.

WHAT is the challenge goal?

The goal of every wellness challenge is to provide participants with tools and resources to support the wellbeing of the individual. In this challenge, users travel (virtually, of course) across the Hawaiian Islands. Users record the number of steps taken daily and can earn bonus steps for participating in activities including finding time to relax in solitude, and taking intentional screen breaks from computers, television and mobile devices. Users have six weeks to collect the 10 challenge milestones and complete the trip.

WHEN and WHERE do I need to complete activities?

The activities focus on movement and relaxation (fostering those island vibes!), so activities may be completed at any time you specify.

WHY is it important that I participate?

Being intentional about moving more, while making time to relax without the distraction of devices, can foster a greater sense of wellbeing for the body, mind and soul. Developing and nurturing this "inner vibe" is key in getting the most out of life.

HOW will my progress be tracked?

Participants track their activity online, using a web browser on a mobile device and the mobile-responsive website, or the mobile app.

To join this challenge, visit this URL:

Click the link that says "Sign Up"

When prompted, enter company code:

then complete your profile.