

Wellness Challenges

Join challenges with coworkers, friends, and family. Move more, stress less, and win together. You can also launch your own challenge and invite coworkers or friends to join.

How to Join a Company's Challenge

There are two ways you can join a challenge:

Option 1: Your company will share a link, QR code, or flyer to help you join the challenge.

- Scan the QR code or click "Join Now" (this takes you directly to your company's challenge).
- Tap Join Challenge inside the app.
- Sync your health app to track your activity:
- Open the Wellness Coach app > More > Activity Trackers
- Select your health app of choice.

Option 2: You can also find your company's challenge directly in the app by:

- Go to the Challenges section on the home screen.
- Tap View All to see available challenges.
- Tap Join to get started!

Joining a challenge will help you:

✓ Stay on track by working alongside others with similar goals.

✓ Learn new skills, routines, and wellness tips along the way.

✓ Set structured goals with clear daily or weekly targets, making it easier to stay consistent.

✓ Stay focused. Having a clear goal keeps you motivated and less likely to get distracted.

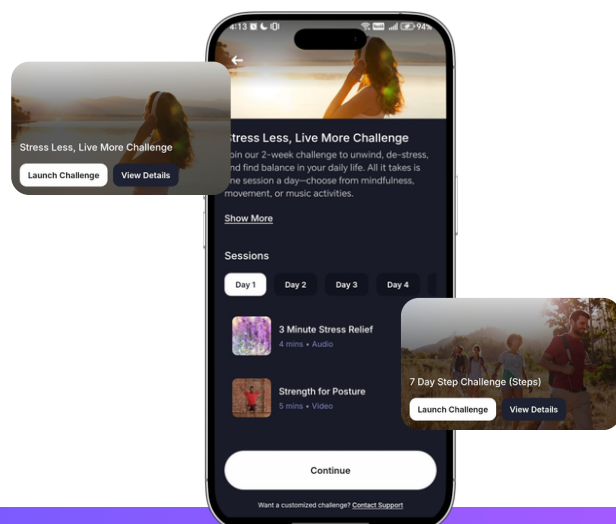
✓ Celebrate wins, share your journey, and give or receive encouragement.

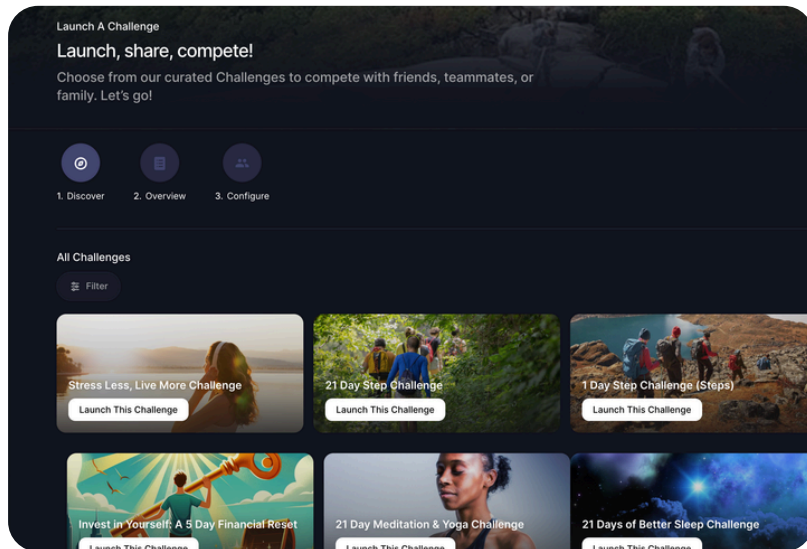
✓ Build habits. Repeating small daily actions turns them into lasting lifestyle changes.

[Explore Challenges](#)

[Knowledge Base](#)

**SCAN
QR** >>
TO DOWNLOAD
WELLNESS COACH



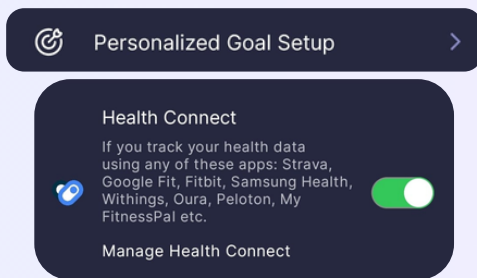


With Wellness Coach you can also launch your own Challenge

Ready to get started? Browse our expert-led wellness templates to find your fit. Review the objectives, tap Launch, and your challenge goes live instantly. You'll see your daily sessions and goals immediately, while your team is notified to join the journey.!

[Launch a Challenge](#)

[Knowledge Base](#)



[How to Sync Health app](#)

Achieve better results by setting personalized goals and syncing your health app. This lets you track your daily progress and reflect on what's working or where you might need to make adjustments.