

# Healthy Habits Challenges

## wellbeing challenges for promoting healthy lifestyles at the workplace

These challenges aim to engage your employees in healthy habits. Some are team-based, and others are individual. Each challenge comes with resources and handouts to successfully host a workplace wellbeing challenge. Designed to be adapted and incorporated into your employee wellness program, be creative and have fun!



## New in 2023 Healthy Habits Challenges

Wellbeing Topic	Challenge Name	Challenge Description
Emotional Wellbeing	Get Reading	Support mental wellness and communicate the different health benefits that come along with regular reading.
	Self-Care	People who practice regular self-care are reported to be happier, more productive, and overall healthier.
	Social Butterfly	Socialization at work can help improve overall wellbeing and health, help employees feel motivated, and be more productive.
Physical Wellbeing	Healthy Morning Start	Motivate and encourage a healthy morning routine that will help to set the stage for the rest of the day.
	Healthy Restart	Create or enhance a healthy eating routine through a variety of resources and ideas.

# Healthy Habits Challenges

Wellbeing Topic	Challenge Name	Challenge Description
Emotional Wellbeing	Catching Some ZZZ's	Sleep is paramount to good health. In this 4-week challenge, employees track sleep patterns to identify ways to improve their sleep habits.
	Pay It Forward	Looking to uplift your employees? This challenge is all about sharing inspirational messages with colleagues and spreading positivity.
	Tune Into You	This 4-week mindfulness challenge helps employees focus and reduce stress by accomplishing a different mindfulness activity each day.
	SMILE Challenge	Looking to focus in on mindfulness, movement, hydration, nutrition and gratitude with your employees? Look no further! This 4-week challenge is about making progress toward these healthy behaviors.
Financial Wellbeing	Feed Your Wallet	Just as it's important to feed our bodies, our wallets deserve some nourishment too. This 4-week challenge is all about finding ways to saving more money.
Nutrition	10-Day Real Food Challenge	Looking for ways to eat healthier? This 10-day challenge incorporates simple strategies that can lead to a healthier way of eating.
	Mindful Eating	This 4-week program challenges employees to practice a variety of mindful eating habits and behaviors over the course of 4 weeks.
	Every Sip Counts	Having enough fluids in our system is not only vital for protecting our joints, but it also helps our organ's function, sustains body temperature, and much more! Get employees hydrated with this 4-week hydration challenge!
Physical Wellbeing	Just Move It	Get your employees moving more throughout the day with this 30-day challenge. The goal is to achieve at least 30 minutes of physical activity per day most days of the week.
	Plank Challenge	Planks are an effective and safe core exercise that help stabilize and power your body through just about any movement or activity. Put your employees to the test with this 4-week plank challenge.
	Healthy Selfie	Encourages fun while doing healthy activities and taking pictures to share activities and ideas.
Weight Management	Maintain Don't Gain	This 8-week, team-based challenge is ideal to host over the holidays. Designed to encourage healthy habits and maintain weight during the busy holiday season.

## Workplace wellbeing consultation

A certified Wellbeing Engagement Consultant from Excellus BlueCross BlueShield is available to meet with you and offer:

- An overview of available wellness resources through the health plan
- An assessment of your current wellness program
- Recommendations for your wellness program

Contact your Excellus BCBS account representative or broker to schedule your complimentary consultation.

**Important information** It is the employer's responsibility to ensure that any incentives and prizes provided to employees are compliant with all ACA and IRS regulations. Consult with your legal counsel for guidance.

A nonprofit independent licensee of the Blue Cross Blue Shield Association

15843-22HW  
A11yCRG05-24-2023

