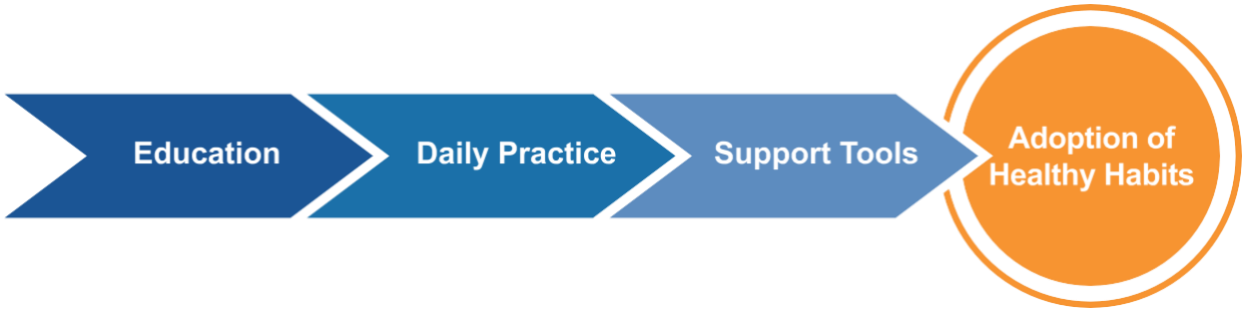
ConnectWell Wellness Initiatives

Establishing a culture of health in the community by encouraging healthy lifestyles is a key component of improving population health. ConnectWell's Scientific Advisory Board Members, experts and thought leaders in their field, have helped design our Wellness Initiatives that incorporate current science-based practices to help people adopt habits that support a healthy lifestyle. Healthy habit formation requires education, practice, and tools that support people in building the capacity for well-being.



Wellness Challenges

Each of ConnectWell's Wellness Challenges includes a comprehensive set of materials to help people adopt healthy lifestyle practices. Wellness Challenges can be facilitated by your staff as in-person, virtual or hybrid events to take people through engaging 5-week experiences using the **Learn | Take Action | Support Model**.



Wellness Exhibits

Wellness Exhibits are one form of the educational experience that informs participants about healthy lifestyle practices through a set of virtual posters. Exhibits include a Passport to Learning that pulls people into the educational process during the first challenge session.



Wellness Challenges

Each 5-Week Wellness Challenge engages participants to integrate simple habits into daily living that result in improved health and well-being in a short time period.

A listing of ConnectWell's 18 Wellness Challenges include:

Healthy Eating

- Balance Well
- Hydrate Well
- Choose Well

Staying Active

- Meet the Guidelines
- Move More

Stress Management

- Time-for-Me
- Work Well



Weight Management: Portion Well

Musculoskeletal Health: Prevent Injuries

Healthy Travel: Travel Well

Better Sleep: Sleep Well

Resilience: Bounce Back

Happiness: Happiness at Home

Maternal Health: Preparing for Pregnancy | 3 Wellness During Pregnancy (one per Trimester) | Thrive Postpartum

Throughout the Wellness Challenges, participants access Wellness Initiative articles, videos, and tools provided on ConnectWell's Health & Wellness Content Suite to assist in the adoption of healthy habits.



Health & Wellness Content Suite

ConnectWell's Health & Wellness Content Suite consists of a comprehensive collection of reader-friendly articles, brief videos, and recipes that include science-based practices on improving health and well-being. ConnectWell's Content Suite seamlessly integrates with websites and portals and is optimized for all screens. ConnectWell's community-based programs empower people to search for health and wellness information that pertains to their needs and engage in health practices they want to prioritize.

Wellness Initiatives on Content Suite:

- Include a comprehensive collection of brief articles and videos that support the adoption of healthy habits
- Incorporate tools that help people adopt healthy habits and track progress
- Are searchable through keywords – enabling people to find the information they need to improve their well-being

