



2023 AHEALTHYME[®] REWARDS CHALLENGE OVERVIEW

Get your employees* informed, engaged, and excited to sign up.

Be proactive and promote ahealthyme Rewards virtual team challenges. The theme changes every quarter, giving your employees new motivation to get moving, track their steps, and earn more points,** so they can earn more rewards.

Q1 – Celebrations Around the World

Why do we celebrate holidays and festivals? They remind us of the cultures that we come from and the history and values of those cultures. During this challenge, you'll be exploring different celebrations around the world.

Registration Starts: **2/6/23**

Challenge Starts: **2/20/23**

Challenge Ends: **3/20/23**

Q2 – Explore the Mediterranean

The Mediterranean Sea has one of the most beautiful coastlines on the planet. And now is your chance to experience it virtually as you and a team of colleagues compete with teams across the company in a race through southern Europe!

Registration Starts: **5/1/23**

Challenge Starts: **5/15/23**

Challenge Ends: **6/12/23**

Q3 – Eco-Friendly Cities Around the World

Caring for our planet used to mean recycling and carpooling. Now, countries all over the world have some surprising sustainable practices. On this adventure, you'll see them up close. Shark sanctuaries in Micronesia, vertical gardens in an alpine city in France, and even an entire city heated by underground springs.

Registration Starts: **7/31/23**

Challenge Starts: **8/14/23**

Challenge Ends: **9/11/23**

Q4 – Great Wall of China

The Great Wall of China is one of the Seven Wonders of the World, constructed over the course of centuries with the most elaborate sections added during the 1300s. Join your colleagues and friends and hike this awe-inspiring feat of architecture.

Registration Starts: **10/23/23**

Challenge Starts: **11/6/23**

Challenge Ends: **12/4/23**

Engage Your Employees

We've created easy-to-use communications to encourage your employees to sign up.

Visit ahealthymerewards.com/employerportal

*Program is available to all employees.

**Data upload deadline is Wednesday following the challenge end date. Points are available Friday after the challenge end date.

