

Wellness Campaigns

Each campaign comes with the planning, promotion, implementation, and evaluation materials you need to successfully implement the program. Feel free to edit any of the materials so the program works best for your organization and employees. If you have questions or need guidance at any point, please feel free to reach out to your Health Promotion Coordinator.

Title	Topic Area	Individual or Team	Length	Description
Poker Party	Physical	Individual	4 weeks	Encourages participants to increase their amount of physical activity each week. Each day the activity goal is completed, a card is earned towards making your best poker hand for the week. Participants earn prizes based on the best poker hands.
Moving with a Mission	Physical	Team	6 weeks	Motivates employees in a team format to travel across the U.S. by tracking number of minutes being active!
Ready to Roll	Physical	Team	4 weeks	Motivates employees to complete little challenges throughout their day to earn points on a scorecard based on the game Yahtzee™, while encouraging or involving their team too!
Step It Up	Physical	Team	6 weeks	Encourages employees and management to be physically active and increase their steps. Each week, teams will try to get more steps than the management team. The more steps they take, the more points they'll get. <i>*Pedometers not provided by DHP</i>
Tri-Fitness Challenge	Physical	Individual	6 weeks	Encourages employees to incorporate aerobic, strength and flexibility training into their routine. Employees will choose one of the three difficulty levels and those who reach their chosen level each week will be entered to win prizes.
Sound Asleep	Physical	Individual	2 weeks	Encourages employees to try different strategies each day in hopes of finding new ways to improve their quality of sleep. Participants will track which strategies they have tried and reflect which were helpful.
Eat the Best, Leave the Rest	Nutritional	Team	4 weeks	Motivates employees to eat healthier by logging their fruits and vegetables, as well as other healthy activities. They'll stay accountable by working in teams. Participants also receive weekly newsletters containing educational articles, tips & tricks, recipes, and more.
Nutrition Mission	Nutritional	Individual	7 weeks	Encourages employees to drink more water, make "healthy plates", choose a rainbow of colors, select healthier carbohydrates, make power snacks, and learn to meal prep.

Eat Well, Be Well	Nutritional	Individual	8 weeks	Helps employees improve their food and beverage intake through self-assessment, goal setting, and educational articles. Each week, participants will learn about a different aspect of nutrition and set a personal goal that they will strive to achieve.
Empower Tower	Physical & Nutritional	Team	5 weeks	Motivates employees to be physically active and eat nutritiously to earn points so their team can make it to the top of the Empower Tower! Different activities are available every week to allow your employees to earn additional points.
Holiday Holdout: Maintain, Don't Gain	Physical & Nutritional	Individual	6 weeks	Keeps employees accountable to maintain their weight throughout the holiday season. Participants may also complete weekly mini-challenges with healthy tips and tricks.
Short Circuit Stress	Emotional	Individual	6 weeks	Helps employees integrate stress relieving techniques into their daily life. They will be guided through the process of changing the way they respond to stress by recognizing sources of stress, learning techniques to manage stress, and practicing when and how to apply these techniques.
21 Days to Happy Habits	Emotional & Spiritual	Individual	21 days	Helps employees reduce their stress levels, boost positivity, and become happier overall. Throughout the program employees will be encouraged to do the following on a daily basis: take 5 minutes of "ME" time, record three positive things about their day, and complete 1 random act of kindness.
Financial Wellness Bingo	Financial	Individual	2 weeks	Educates employees on how to assess and improve their current financial health. Participants will complete tasks on a bingo card throughout the challenge to try get as many bingos as possible.
Money Matters: Get Financially Fit	Financial	Individual	21 days	Challenges employees to complete one financial activity each day to help get organized and on track to meet their short and long-term financial wellness goals. Employees can use this list of activities or create their own tasks.
Care for Your Health, Care for Yourself	Personal & Physical (self-care)	Individual	4 weeks	Educates employees on self-care by covering topics such as dental hygiene, flu shots, immunizations, know your numbers, medications, mental illnesses, and more! There is also a fun (optional) team Jeopardy game component!
Vice Versa	All areas	Individual	6 weeks	Helps employees quit their bad habits, literally turning their vice the other way around. Program participants will slowly try to eliminate their bad habit by increasing the number of days they try to quit each week.
Health & Wellness Bingo	All areas	Individual	8 weeks	Motivates employees to complete their bingo card covering many different aspects of health each week.