



KICKOFF TO BETTER HEALTH

Score a touchdown with your employees by launching First Down Fitness, the newest activity challenge powered by **myHealthCheck360.com**. Your employees can jog, lift, or bike their way to the top of the leaderboard by logging their minutes of activity with our easy-to-use online tracking tools.

PLAYING IS EASY

Participants log their minutes of exercise activity on myHealthCheck360.com. Teams are ranked each day by total minutes of activity logged and tracking is easy with device integration from Fitbit®, Garmin®, Jawbone®, and more.

FIERCE FITNESS

With engaging communication tools like posters, weekly education emails, and an overview video, First Down Fitness will provide everything you need for a fun and successful challenge program.

A TOUCHDOWN FOR YOUR WELLNESS PROGRAM

Get in the game today. Contact your HealthCheck360° Account Manager or Health Outcomes Consultant to kickoff First Down Fitness Activity Challenge.



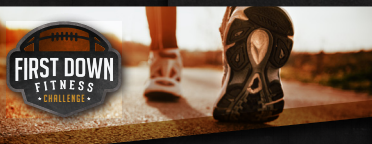
SCORE A TOUCHDOWN FOR YOUR HEALTH

HealthCheck360° wants to help you get your health. First Down Fitness Activity Challenge will motivate you and device integration keeps logging simple on your phone.

Every week, teams/participants will be entered into a draw to win prizes. Every team/individual logs their exercise minutes/individual with the highest minutes of activity at the end of the challenge.

First Down Fitness starts on MM/DD/YYYY and runs through MM/DD/YYYY. Sign up by MM/DD/YYYY on www.myHealthCheck360.com.

For more information, contact contact information.



GET YOUR HEALTH GAME

on MM/DD/YYYY with First Down Fitness. You'll compete against other teams to top the leaderboard today on www.myHealthCheck360.com.

myHealthCheck360.com

For more information, contact contact information.



TACKLE YOUR HEALTH

Download the myHealthCheck360° app for easy tracking!

REGISTER BY MM/DD/YYYY



HealthCheck360°

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