

Wellness Campaigns by WellSteps 2019-2020

Completing each campaign will be worth 25 points, and an automatic entry for a drawing prize!

Random Acts of Kindness September 16th – October 20th

What you get: Weekly feel-good stories based on reported random acts of kindness with the opportunity to perform your own random acts of kindness. Research has shown that spreading kindness benefits your heart, reduces anxiety, lowers blood pressure, and improves our moods.

What you do: Perform one act of kindness for a family member, a co-worker, a stranger, or someone unexpected! Once a kind act is met, you will record your experience and then vote on a kind act shared by others on the WellSteps TEAM ROOM page.

Yoga Flow November 4th – December 22nd

What you get: Weekly guided yoga poses meant to help you feel great.

What you do: Yoga Flow will instruct and lead you in exercises, appropriate for all levels, over seven weeks. By the end of the campaign you will be able to complete a series of poses that help build strength, flexibility and relaxation.

Healthcare Simple Concepts January 13th – March 2nd

What you get: Each week, walk through key components of our health plan so you are equipped with knowledge to help you make the wisest decisions, with the most value when care is needed. HSC promotes basic principles of smart consumer healthcare usage.

What you do: Complete short tasks which include finding the right sources of information on covered medical benefits. This campaign will help members review costs for specific services and providers which is important when making healthcare decisions for you and your family.

Daily 30 March 9th – March 28th

What you get: You get to jump start your spring workouts and challenge yourself in getting at least 30 minutes of daily exercise. Get moving and get those last 25 WellSteps Rewards points for the year!

What you do: Exercise 30 minutes per day, at least five days per week. Track your activity using a wearable device, or enter your minutes manually.