



# Indiana University Health

## Healthy Results® Worksite challenges

Healthy Results offers Worksite challenges as a way for departments or buildings to bring enhanced wellness initiatives to their teams. Indiana University Health team members can use an existing Worksite challenge from the Healthy Results Library or create their own Worksite challenge.

### Worksite challenge requirements

The following requirements must be met for approval and incentive point eligibility. The Worksite challenge must:

- Have at least 20 participants
- Be at least one month long
- Include an educational component that is relevant to wellness so that participants can learn and grow
- Include activities throughout the challenge requiring participation
- Submit the Worksite application at least 30 days before the official start date of your challenge
- September 20 is the final deadline to submit a Worksite challenge Application
- All Worksite challenges must be completed and submitted to Healthy Results within one week of the Worksite challenge end date. November Worksite challenge results must be submitted to Healthy Results by noon on November 30 to earn incentive points
- After your application is submitted and reviewed by Healthy Results, the volunteer team member running the Worksite challenge will have a planning discussion by phone with the Healthy Results Account Coordinator
- Within one week of the challenge end date, the volunteer team member must submit the following information for all participants to [wellnesscompetition@iuhealth.org](mailto:wellnesscompetition@iuhealth.org):
  - Employee Name
  - Employee ID Number
  - Employee Date of Birth
  - Employee IU Health email address
  - Program completion: yes/no

## Healthy Results® Worksite challenge library

When using an existing Worksite challenge, all materials needed will be sent to the volunteer by the Healthy Results Account Coordinator after challenge approval has been received. If you have additional questions about the Worksite library challenges, please reach out to the Healthy Results Account Coordinator at [wellnesscompetition@iuhealth.org](mailto:wellnesscompetition@iuhealth.org).

- **Pack a Lunch** (created by Healthy Results)  
This four week challenge is designed to help team members get in the habit of bringing their lunch to work.
- **Rethink Your Drink** (created by Bloomington Hospital)  
This four week challenge is designed to help team members increase their water intake.
- **Manage the Stress** (created by Healthy Results)  
This four week challenge is designed to introduce stress management techniques and the benefits of practicing stress management.
- **HealthyWage** (created by Healthy Results in partnership with HealthyWage)  
This twelve week challenge is designed to motivate team members to achieve weight loss success. Fees apply.



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## Worksite challenge application

Please complete the information below and send to [wellnesscompetition@iuhealth.org](mailto:wellnesscompetition@iuhealth.org) at least 30 days prior to your challenge start date. **This information needs to be completed and signed by the volunteer team member.**

### Worksite and contact information

Department	
Worksite location	
Location address	
Volunteer team member name	
Volunteer team member phone number	
Volunteer team member email address	

### Challenge information

Select which challenge option you would like to do by checking the appropriate box, then complete the information required below.

- Create your own challenge
- Use a challenge from the Worksite challenge library

Challenge name	
Start date	
End date	
Incentives offered <i>(optional, not including incentive points)</i>	
Challenge details <i>(description, educational component, activity, how participants will show completion of the challenge, registration process, marketing challenge to team members)</i>	

### Signature

Site Coordinator Signature \_\_\_\_\_ Date \_\_\_\_\_

Healthy Results Approval Yes  No  Approval Date \_\_\_\_\_

Healthy Results Approval Signature \_\_\_\_\_ Date \_\_\_\_\_