

# 12 WEEKS HEALTHY MIND CHALLENGE

- ✓ Need to engage your employees to be stress-resilient
- ✓ Don't know where to start
- ✓ Tried looking at too many options
- ✓ Need a straight forward and simple to launch program
- ✓ Don't want to go through endless hours of implementation

***Join to enhance your mental and emotional well-being!***



1

**EMPLOYERS**



2

**SIGN UP**



**REWARD  
EMPLOYEES**



3

**EARN**

*Emotionally Balanced &  
Productive Employee Culture*

## CONTACT

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Welcome to “**Healthy Mind**” challenge by Healthper. After years of helping clients implement well-being programs, we felt there was a need for a solution that can focus on a healthy mind.

The challenge has been designed based on years of the knowledge base, and industry trends. It includes assessments, activity tracking, inspirations & education, and unlimited personalized coaching to address mental and emotional needs.



## HEALTHY MIND CHALLENGE CASE STUDY

Results of a hard to engage segment of a technology services company.

### EMPLOYERS

*Easy to tailor  
Easy to deploy*



### MEMBERS

*Easy to use  
Easy to enjoy*

95%

Account Activation

63%

Activity Completion

67%

Communication  
Click - thru

73%

Completed at least  
one activity

82%

Engaged at least  
once a week

76%

Reported Challenge  
experience as emotionally  
positive & motivational



We simplify process for the employer by allowing multiple ways to onboard,

When email is available, we send an email with login information.

When email is not available, we create a default username and password based on employee id, date of birth, (and/or social security number), name or as it fits for the population.

When employer does not share the member information, we provide unique activation codes to the employer to distribute.

We enable single sign-on with employer's existing application.



We create a customized communication plan and marketing collateral for the program including posters, emails, text messages, reminders, nudges, motivational quotes and much more.



We provide rich participation and engagement reports that are delivered to the stakeholders periodically.