

Healthy Business, Healthy Community Workplace Wellness Challenge

Workplace wellness programs make for healthier employees and communities, which in turn have shown a direct correlation to increased productivity and employee retention—two components of maintaining a profitable and successful business. However, most small businesses do not have the time or resources to implement workplace wellness programs. In order to help more Missouri employers offer these programs, Small Business Majority is pleased to announce our upcoming **Healthy Business, Healthy Community Workplace Wellness Challenge** for small businesses in southwest Missouri and the St. Louis region.

This community-based competition will launch in May 2017 and run for eight weeks. The goal of the Wellness Challenge is to help employers promote healthier habits in the workplace, all while participating in fun activities and connecting with other small businesses in your area.

How does the Wellness Challenge work?

Small Business Majority is partnering with Wellable, a new fitness and nutrition-tracking program to help Missouri small businesses engage in workplace wellness activities. The Wellness Challenge will allow small businesses to offer wellness programs through Wellable's platform **for FREE**. Your team can earn and track points through the platform with the following activities:

- **Steps or distance tracking**
- **Daily Challenges**—This feature provides a menu of options that encourage healthy habits, like staying hydrated, getting enough sleep or avoiding sugary drinks.
- **Add Activity**—Earn points for participating in activities like running, yoga, swimming and more.
- **Special Activity**—Get rewarded for eating healthy meals and snacks.

Small businesses in southwest Missouri will compete against businesses in the St. Louis region based on team averages to **win special prizes**, which will be awarded at the end of the competition and provided by local sponsors. You will be able to connect with other members of your team through Wellable or at **local wellness-related special events** hosted by Small Business Majority.

Where can I get more information about the Challenge?

Please visit our resource portal to check out our Workplace Wellness Toolkit, register for an upcoming educational presentation, view our local sponsors or to learn more about the Wellness Challenge: www.smallbusinessportal.org/benefits/wellness. You can also learn more about Wellable at www.wellable.co.

To register your small business for the Wellness Challenge, please contact your local Small Business Majority staff coordinator.

Mary Overbey, Southwest Missouri Challenge Coordinator and Statewide Wellness Program Coordinator, (417) 872-9924 or moverbey@smallbusinessmajority.org

Bill Ray, St. Louis Challenge Coordinator, (314) 718-0377 or wray@smallbusinessmajority.org