

THE HEALTHMET CORPORATE HEALTH CHALLENGE PROVIDES A PROVEN AND TANGIBLE RETURN ON YOUR HEALTH INVESTMENT.

WHY THE PROGRAM WORKS

- Built on 20+ years of experience in Personal and Health Training
- Tracks and awards healthy choices
- Sends daily health tip reminders
- Provides tangible reporting to per permission
- Displays in a safe company-branded environment

CORPORATE HEALTH CHALLENGE PLATFORM

Each challenge is delivered through a unique strategy blending real world and online touch points, leveraging our partnerships with leading experts across the country.

The Corporate Health Challenge is consistently working towards building, supporting and aligning with provincial frameworks and initiatives already in place.

REAL WORLD: Predetermined schedule of events, including the program launch, lunch & learns, metric gathering and participant re-engagement.

ONLINE: An individual login for each individual to access their own personal fitness profile, track their progress and access resources that include a 90-day @home Healthy Habit Manual, 90 days of fit tips, recipes and can even be customized to include nutritional counseling, mental health resources and exercise videos.

CORPORATE HEALTH CHALLENGE FORMAT

SELECT TWO OR MORE 90, 60 OR 30-DAY CORPORATE CHALLENGES BETWEEN:

MAR 24TH

JUN 21ST

SEPT 15TH

DEC 15TH

*All three of the 90, 60 and 30-day programs finish on the same date, enabling everyone to celebrate their accomplishments at the same time.

THE BUILD UP: The Corporate Challenge Promotion begins one month before the Kick-Off Event, which is the week before the start date. This provides the optimal time frame for building awareness, momentum and sharing of the what, why and how of the program to get employees excited.

THE LAUNCH: On Launch Day (week), a Healthmet representative will come to your workplace, provide an overview of the program, gather employees' metrics and help them log onto the Company's Challenge website.

CORPORATE HEALTH CHALLENGE ACCOUNTABILITY



Once employees are registered, they are encouraged to track their daily health activities and choices across five trackers. Each time a participant logs in, they receive points that accumulate under their account (company challenge), division (intercompany challenge) or company (company vs. company).

NUTRITION SOCIAL HABITS FITNESS HYDRATION SLEEP

"The Corporate Health and Wellness program gave my colleagues and I the incentive, piqued our competitive nature and provided the camaraderie for those who needed some help to get them back on the right track. The daily communication and the enthusiasm of the people from Healthmet Technologies kept us all engaged and was crucial to the success of the program."

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Alex Philips CFP, CFA | Vice President & Branch Manager,
White Rock Branch RBC Dominion Securities Inc.

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HEALTHMET CORPORATE CHALLENGE TIMELINE



THE HEALTHMET CORPORATE HEALTH CHALLENGE

Provides a proven and tangible return on your health investment.

“The corporate health and wellness initiative from the Healthmet team has acted as a catalyst for positive change amongst our organization and our staff. The results are evident as we see each person being more active, productive, efficient and driven to adopt a more active lifestyle. This change would not have occurred without the top-notch guidance, education and support by the facilitators of the program, and as bean counters we can see on a daily basis that the benefits and value of this program far outweigh the costs to run it. Overall, we found that having the weekly group activities and events fostered a new level of camaraderie and a significant boost in office morale. In accounting we have what is called a “busy season 10 pound gain” which we can proudly say did not occur this year and as we are committed to implementing this program from this point forward we will never see it again!”

— Dave Mitchell | Partner of KN&V Chartered Accountants

CORPORATE HEALTH CHALLENGE HISTORY

The Corporate Health Challenge is the same proven effective 90-day program created by the Healthmet principals for the Fitness Fantasy that has been held in British Columbia every year since 2005. Originally featuring four contestants (and then couples), feedback from around the province suggested the program expand to include every community. Working diligently with interested communities, the Corporate Health Challenge was a first in social innovation. It showcased the power of true collaborations between private, public and not-for-profit entities working together toward a common goal. Based on the success of the program, requests to duplicate it have poured in from communities across the country. Toward a common

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CORPORATE HEALTH CHALLENGE ADVANTAGES

Introduce program & participant metrics

LUNCH & LEARN TOPIC: Eg: Nutrition
Re-measure 90 day challengers & Capture 60 day participant metrics

LUNCH & LEARN TOPIC: Eg: Workplace stress
Re-measure 60 day challengers & Capture 30 day participant metrics

LUNCH & LEARN TOPIC: Eg: Financial management
Final metrics taken and winning challengers, divisions, companies announced

- ✓ We are low cost
- ✓ Accessible and enjoyable for every skill and age level
- ✓ Completely open to collaboration
- ✓ Aligned with evidence-based best practices
- ✓ Scalable and sustainable
- ✓ Flexible by community
- ✓ And we're FUN!

TO LEARN MORE ABOUT HOSTING YOUR OWN CORPORATE HEALTH CHALLENGE:

Call: 604.218.1716 | Email: info@health-mt.com | Visit: www.health-mt.com