The Peak program improves an employee’s AWARENESS of his/her health. Plus, online education tools and engaging wellness challenges make accomplishing health goals fun and easy.

Your employees have access to our WellConnected℠ wellness portal including:
- Personal health assessment
- Wellness blog and workshops
- Health library
- Health, exercise and food trackers
- Mobile app
- Daily health tip

You have access to our complete library of educational and awareness materials including:
- Flyers
- Posters
- Payroll stuffers
- Newsletter articles
- Table tents
- Health fair materials

Peak offers you turnkey wellness challenges to encourage exercise and better health. These are fun, self-administered challenges and include:
- Healthy Strides℠
- Mt. Everest Challenge
- 7 Habits of Health
- Wellness Bingo

Looking for quarterly challenges? We’ve got that covered!
Peak provides the following online wellness challenges:
- Exercise – Winter
- Water – Spring
- Nutrition – Summer
- Steps – Fall

HAVE QUESTIONS?
Contact your local district office or account manager.