



Human Resources



# TOTAL WELLNESS CHALLENGE

## 2025

# Challenge Summary

July 14 – August 8

4-week, team-based wellness challenge.

Teams of 4–8 County employees

Track activities in Wellable to earn points.



## Challenge Highlights:

- Weekly raffles
- Team raffles
- Grand prize raffle
- Participant gift
- On-site fitness classes offered

# Team Captain Role

Create a team and register!

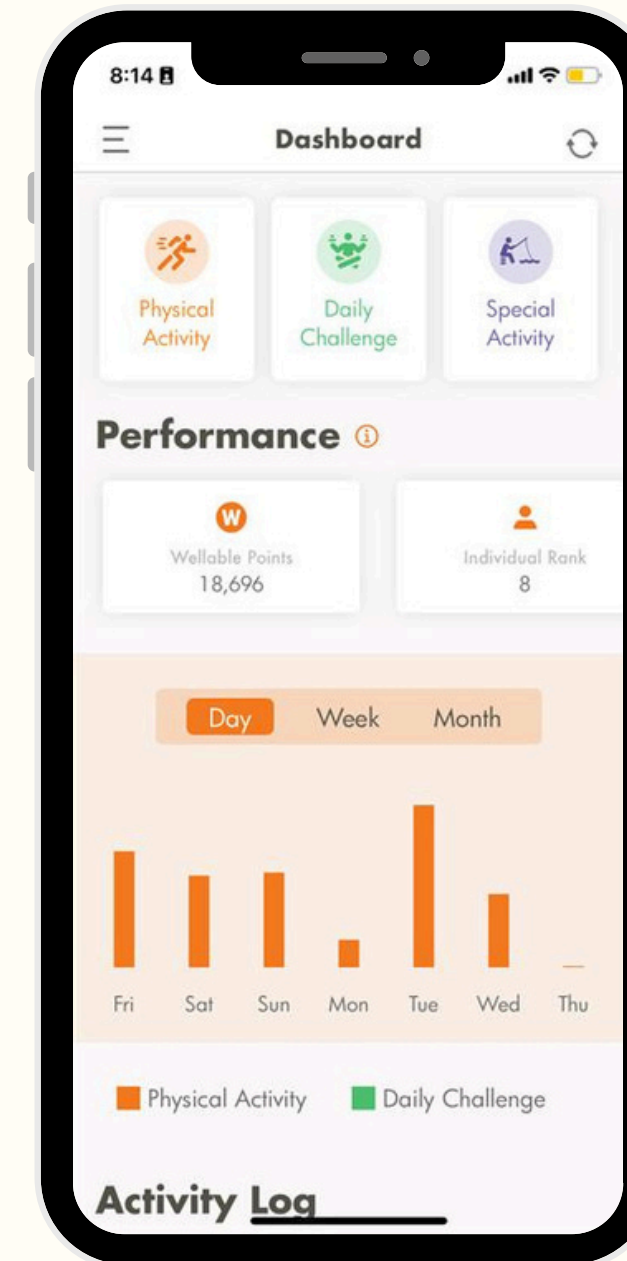


- Register a team of 4 - 8 players
- Sign the photo release for the team
- Submit weekly photo for the team challenge  
(anyone can submit)

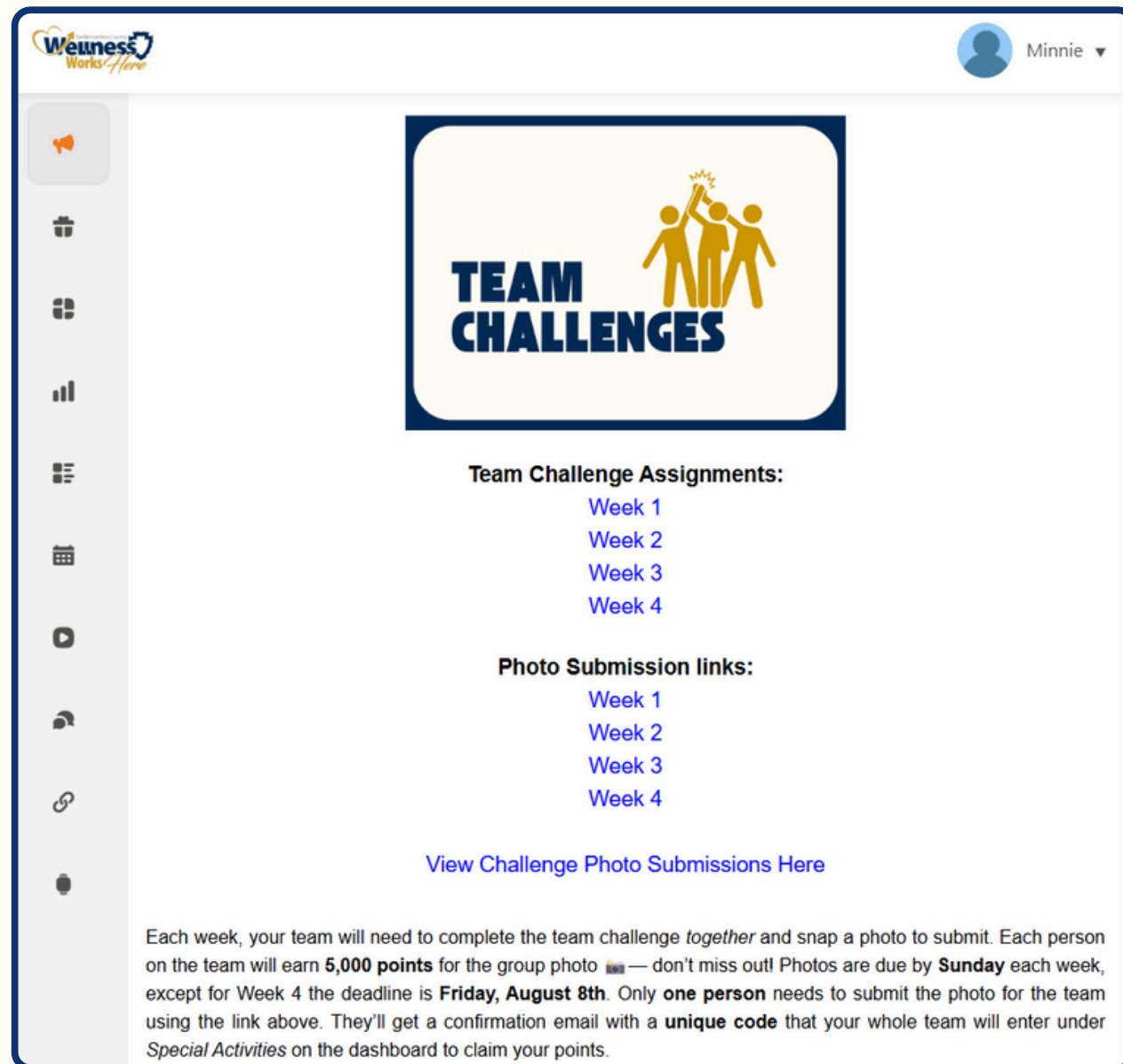
# Wellable Account

Get your team signed up!

- The challenge will be conducted using the Wellable platform/app
- All participants must have a Wellable account
- Sign up: [app.wellable.co/sbcounty](https://app.wellable.co/sbcounty)



# Bulletin Board



Check the Bulletin Board for  
Assignments

- Dimensions of Wellness Videos
- Wellness Articles & Activities
- Team Challenges

# Team Challenges

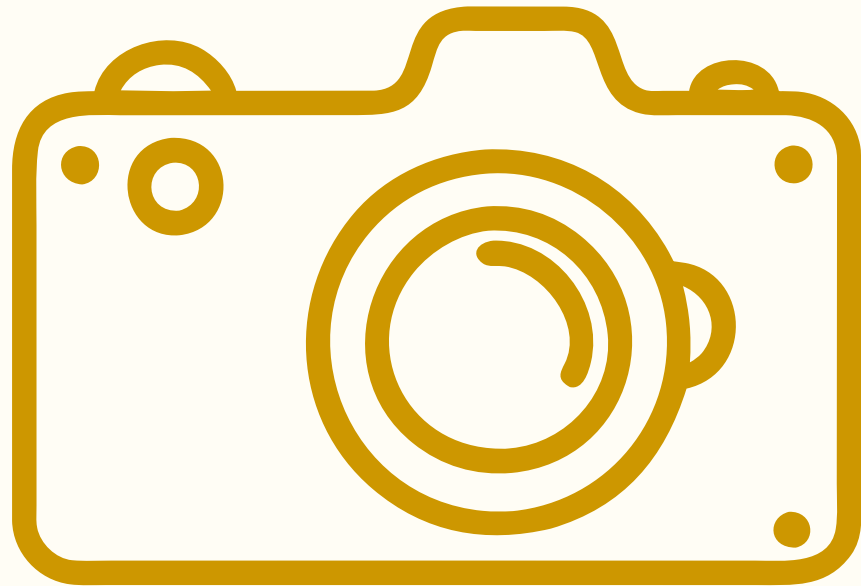
Submit a team photo to score points for your team in the challenges!



- Challenges will be posted on the **Bulletin Board**.
- Photo **submission link** can be found on the Bulletin Board.
- Each team member will receive a unique **code** via email—enter it to earn 5,000 points!
- Enter under **Special Activities** on the dashboard.

# Photo Release

Each Team Captain will sign one photo release on behalf of their team.



Submitted photos may be shared on the Total Wellness Challenge website at HR's discretion.

- If a team member does not want their photo shared, it's the Team Captain's responsibility to ensure they are not included in submitted photos.

# Onsite Fitness Classes

After-Hours Sessions at 5:30 PM | Registration Opens July 9th



- **Locations:** Various County Offices
- **Details:** Energize your evening with guided, in-person fitness classes designed for all levels.
- **Registration Required:** Spots are very limited, so be sure to sign up early!



# Employee Time

Please refer to your department's break policies and/or supervisor approval before participating in any activities.



All activities related to the Total Wellness Challenge must be completed on employees' own time, such as:

- During breaks
- On lunch
- After work hours or on weekends (optional)

# Disclaimer

Must be a current County employee to be eligible for any rewards and incentives.



- Rewards are subject to applicable federal and state IRC tax codes.
- Challenge rules may be adjusted if unforeseen events occur.
- All rewards and incentives are subject to change and inventory availability.

# Scoring

Grand Prize Raffle: Points are based on the team average.



- For all other raffles, points are based on an individual's score.
- Track team progress and individual progress on the leaderboard.

# PRIZES



# Grand Prize Raffle

All members of the raffle-winning team will receive a  
**Ninja Creami Ice Cream Maker**

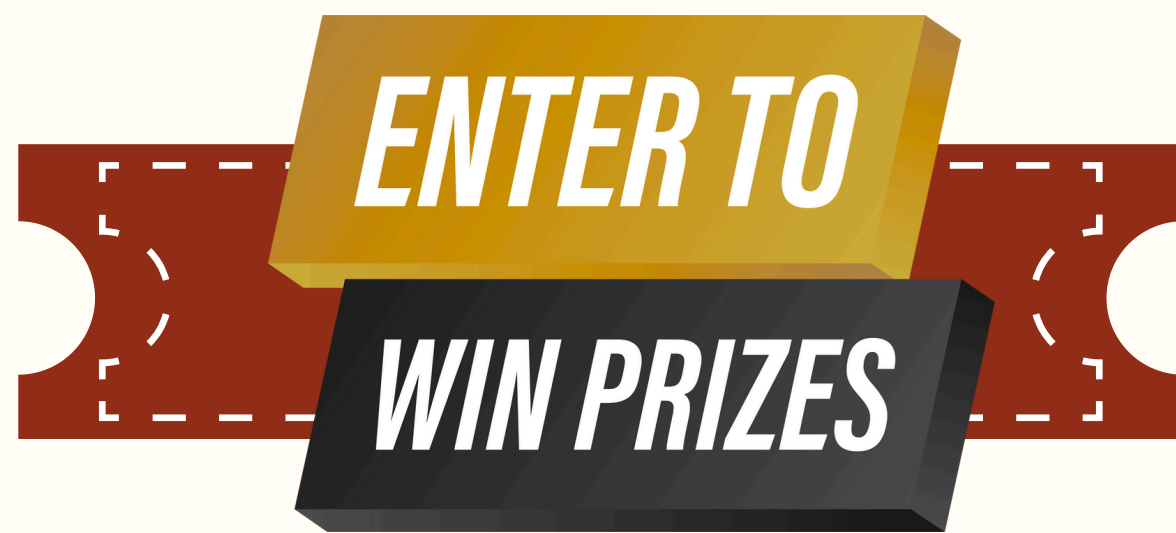


\*Teams that earn at least 350K points will be entered into the raffle

\*One Ninja Creami per member of the team

# Grand Finale Raffles

There will be a Grand Finale Raffle of various prizes to 5 individual winners who participated in the challenge



## Prizes Include:

- Garmin Watch
- Bogg Bag
- Blackstone Tabletop Pizza Oven
- Beats Earbuds
- Blackstone Griddle

\*Individuals who earn at least 100K points will be entered into these raffles.

# Weekly Raffles

Every Wednesday during the challenge, there will be a raffle of various prizes for individual participants who have earned at least **5K points** in that week.



## Prizes Include:

- LA Fitness One-Year Gym Membership
- Le Creuset Stoneware Casserole with Lid
- Nekteck Shiatsu Foot Massager
- Levoit Air Purifier

# Participation Gift

Gift for the first 1,500 Individuals who reach 50K Points



As a thank you for participating in the Total Wellness Challenge, qualifying participants will receive a Wellness Works Here County-branded **Mini Spa Kit**.



# Questions



For questions contact  
[mhm@hr.sbcounty.gov](mailto:mhm@hr.sbcounty.gov)

# Team Registration

You only need two things to register a team

1. Team Name
2. Wellable-Specific Email Address
  - Collect the email address each team member uses to log in to Wellable.



# Register Now

Sign into  
Wellable  
**BEFORE**  
scanning QR  
code or they  
won't work



Register Here

[app.wellable.co/teamregistration](https://app.wellable.co/teamregistration)