



Alexander County
 Hardin County
 Jackson County
 Johnson County
 Massac County
 Perry County
 Pope County
 Pulaski County
 Randolph County
 Union County

The We Choose Health 365 wellness portal is perfect for those groups wanting a central platform for the web-based delivery of company challenges, trackers, health resources, incentives and other wellness services.

Choose to Live Healthy

We Choose Health 365 gives participants 24/7 access to a wide variety of customized company competitions, self-directed health tools and trackers, education materials, and other helpful health resources; all designed to engage participants on “their terms”.

365 Wellness provides:

- « Opportunity to build healthy habits needed for a lifetime of energy, health and well-being
- « Assistance building your wellness brand
- « Benefit design program information

365 Wellness includes:

- « Personal dashboard
- « Food and calorie tracker
- « Recipes with local coupons
- « Weight and activity tracker
- « Exercise, walking and weight-loss company challenges
- « Incentive and program design rules

How to Register

- « Go to www.wechoosehealth365.com
- « Click “Join Today”
- « Enter your **Group Registration ID: JCHD** to get started



Wellness Your Way...

COMING SOON: AMAZING CHALLENGE

February, 1st 2014 The Amazing Challenge Illinois will take wellness to new places!

The Amazing Challenge will whisk your employees away to locations and themes across the state to inspire them to make healthier choices with their physical activity, nutrition and life balance. This simple, fun and interactive campaign encourages focused weekly action – making it easy for participants to make changes and see amazing results.

