



**Public Health**  
Prevent. Promote. Protect.

Champaign-Urbana Public Health District  
www.c-uphd.org

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 is an additional offering from Live Healthy America. The 365 wellness portal 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 your Company:

- « Go to [www.wechoosehealth365.com](http://www.wechoosehealth365.com)
- « Click “Join Today”
- « Enter your **Group Registration ID: CUHD365** to get started



**Wellness Your Way...**

### COMING SOON: AMAZING CHALLENGE

February 1 - May 21, 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 activity – making it easy for participants to make changes and see amazing results.



For example, Each week a new topic relating to exercise, nutrition, and life balance will be what participants track. For each completed task, a healthy point will be awarded.