2024 - 2025

Wellness Challenges

Participants who meet the challenge goals will be eligible for raffle prizes! Additional information will be shared with employees in advance of each challenge.

Rethink Your Drink

Hydrate your way to better health by consuming 64 ounces of water per day at least five days a week.

Registration: August 5 - August 11, 2024
Registration Raffle: 10, $25 Amazon Gift Cards
Challenge Dates: August 12 - September 8, 2024
Coaching Program: UBalance
Grand Prize Raffle: $250 Amazon Gift Card

Planet Over Plastic

Log three eco-friendly themed activities weekly and reduce your carbon footprint.

Registration: October 14 - October 20, 2024
Registration Raffle: 10, $25 Amazon Gift Cards
Challenge Dates: October 21 - November 10, 2024
Coaching Program: U&Yours
Grand Prize Raffle: $250 Amazon Gift Card

Financial Fitness

Boost your financial literacy by completing one challenge activity per week, over the course of four weeks!

Registration: February 3 - February 9, 2025
Registration Raffle: 10, $25 Amazon Gift Cards
Challenge Dates: February 10 - March 9, 2025
Coaching Program: UCents
Grand Prize Raffle: $250 Amazon Gift Card

Walk This Way

Walk it out all the way to the goal of 50,000 steps per week, over the course of four weeks!

Registration: April 7 - April 13, 2025
Registration Raffle: 10, $25 Amazon Gift Cards
Challenge Dates: April 14 - May 11, 2025
Coaching Program: UFit
Grand Prize Raffle: $250 Amazon Gift Card

To enroll in a coaching program, contact the Marquee Health Coaching team at 800.882.2109 or email coaching@mywellportal.com

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