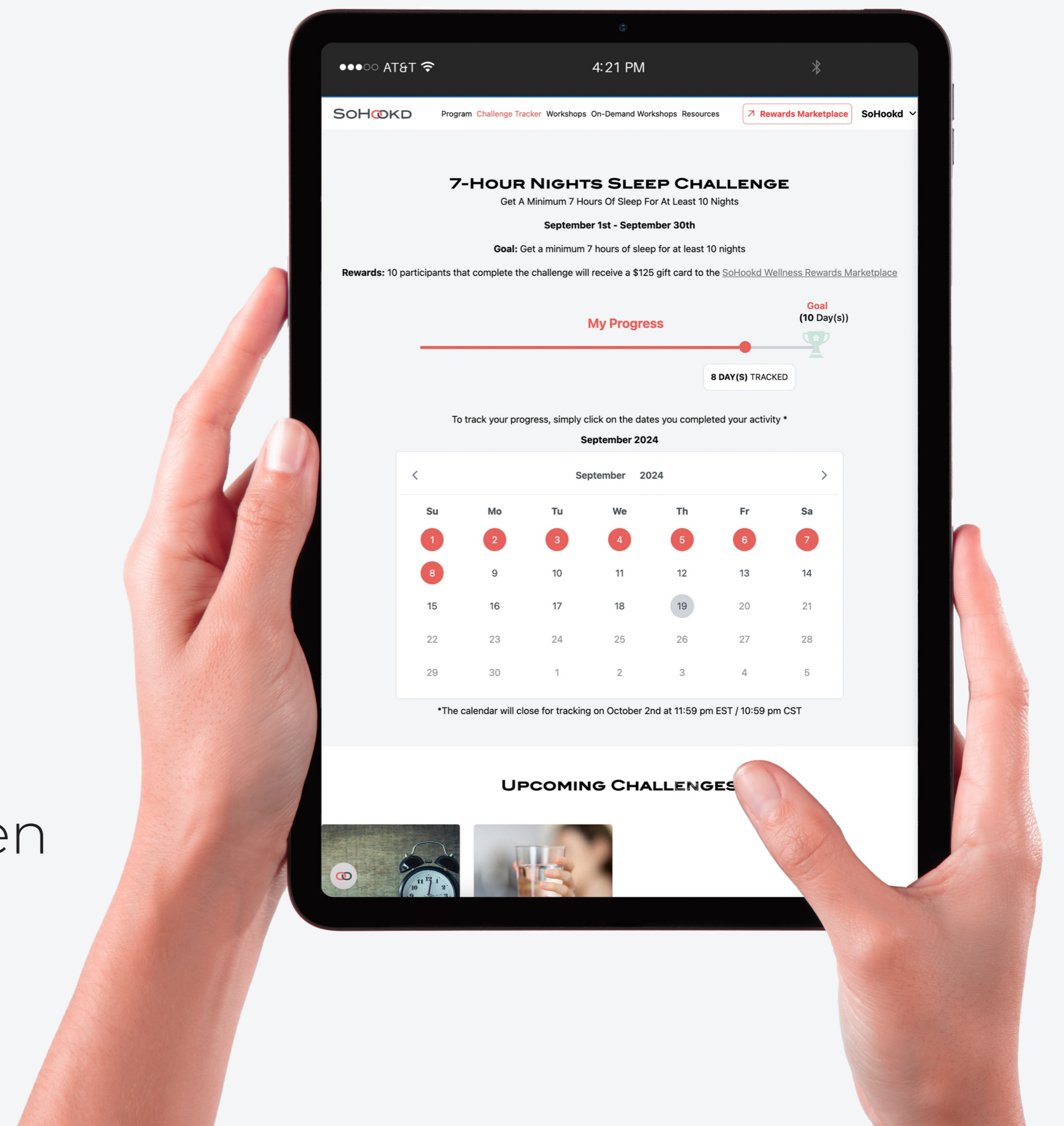


MOTIVATE WITH SOHOOKD'S

Wellness Challenges

We have 10+ challenges designed to motivate employees to set goals and help form or strengthen habits that positively impact their wellbeing.

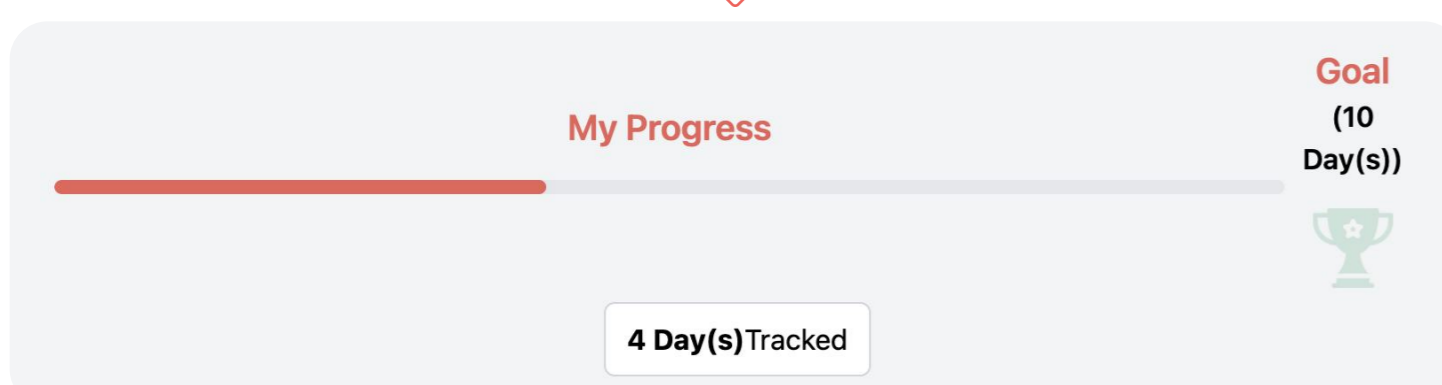
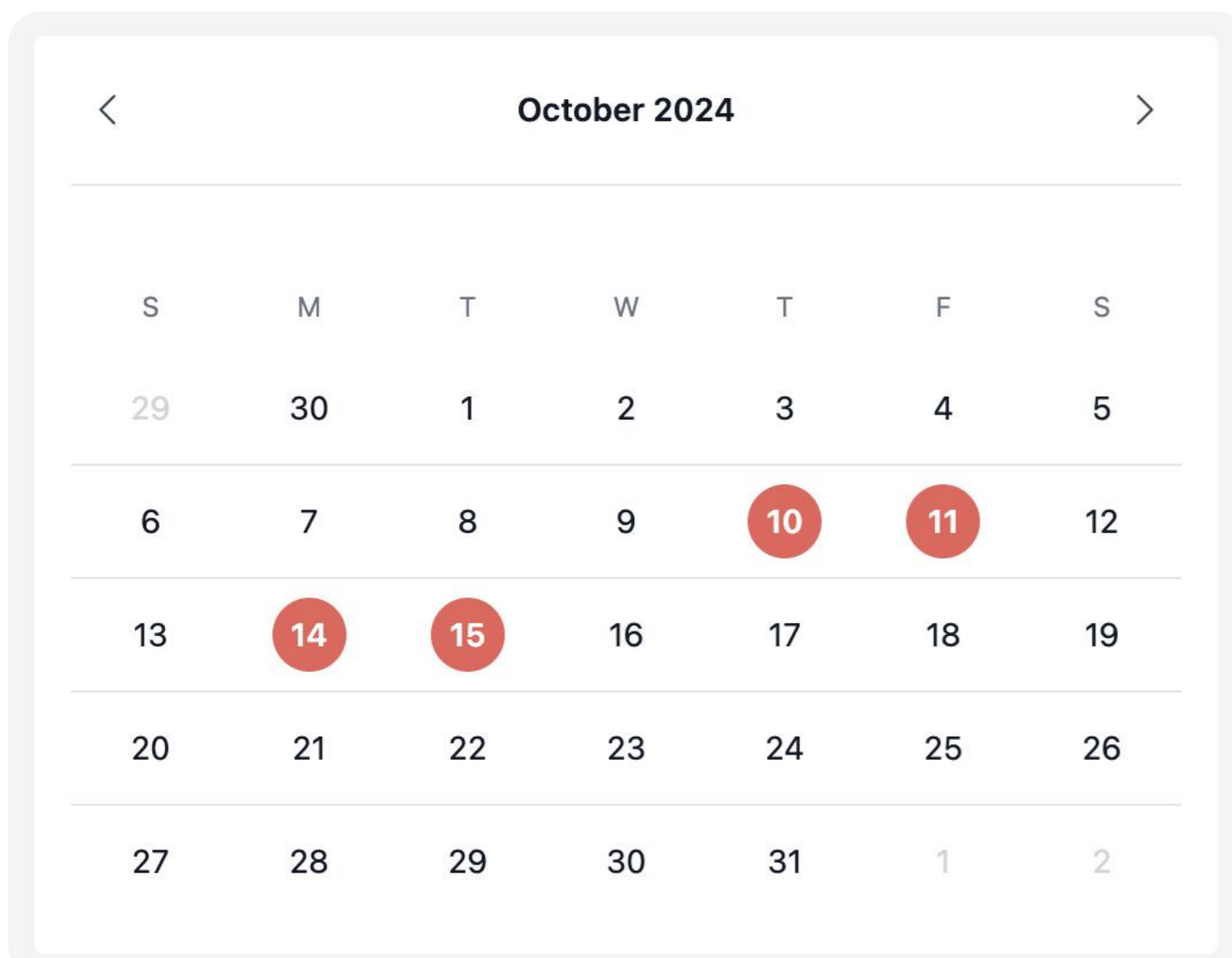


Consistent Bedtime Challenge

Oct 1st - Oct 31st

Go to bed at the same time each night as many nights as possible

• Active



Easy to Register:

- ✓ Users can use an email address or phone number to enroll in Challenges. This makes it easy to include a population who may not have a company email address.



Tracking:

- ✓ Your SoHookd Platform is mobile responsive, allowing users to track their progress via phone or desktop.
- ✓ Recording progress is easy, users access the calendar and click on the day/s in which they met the challenge requirements.



Reminders:

- ✓ We know how important engagement is to our clients so we use email and SMS text messages to remind users about tracking their progress.
- ✓ Users have the ability to unsubscribe from these messages if they wish.



Data:

- ✓ Your SoHookd Account Manager can help facilitate and manage reward or incentives that might be tied to participation or challenge benchmarks.
- ✓ Aggregated participation data is available.



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SCHEDULE A DEMO



SOHOOKD