



START A BUILT WELL CHALLENGE

To incentivize employee health & engagement

At On Site Medical, we believe a healthy, engaged workforce is a stronger workforce. That's why we created *Built Well* Employee Incentive Programs. It starts with a tailored employee challenge—focused on physical health, mental wellness, safety engagement, or any KPI that matters most to your site. Employees who participate have the chance to earn exciting prizes and incentives.

Read on to learn how *Built Well* Challenges work!

Boost employee engagement & health with exciting challenges

Want to run an employee health and wellness or engagement program but have no idea where to start? We'll design, execute and manage a program that fits your workforce and objectives.

1

Tell us your goals

We start by sitting down with your team to understand what matters most—whether that's reducing injuries, improving health metrics, boosting safety and morale, or all of the above. You set the vision, and we build around it.

2

We design your program

Our team crafts a fully customized annual challenge with exciting incentives—from hot tubs to cold plunges. We'll define the KPIs, structure the competition, and create all the materials needed to launch and keep employees motivated all year long.

3

We facilitate & manage on-site

From kickoff to winner announcement, your On Site Medical clinic team drives participation, tracks progress, and keeps the momentum going—culminating in motivational, rewarding employee prizes.

Ideas for challenges

- Step challenges — team-based competitions tracked via fitness apps or wearables
- Virtual 5K or Marathon — employees log miles over a month to collectively “run” a race
- Safety Bingo — attend training sessions and wellness workshops to fill a bingo card over a quarter or year
- Hydration challenges — track water intake each day over a quarter/year

Prizes that move the needle

Choose from wellness-related prizes that will appeal to your employees (\$7,500 max value):

- Jacuzzi
- Sauna
- Cold Plunge