



Host a Ministry Challenge in Vitality

What and why?

Hosting a Challenge is an easy and engaging way to encourage your workers to participate, get healthier and have fun while sustaining and increasing participation in the Vitality program over time.

Tap into the healthy competitive nature of your workers! Boost wellness activity engagement and improve your overall wellness culture.

What are my options?

Challenge options include:

- Points
- Steps
- Workouts
- Specific activities within Vitality

Eligible employees and spouses can participate as individuals or as part of pre-defined teams. The rewards are up to you.

NOTE: Please allow at least four weeks to prepare for Challenges.



Ready to get started?

Scan the QR code to fill out the Request Form, and a Concordia Plans Coordinator will reach out.