THE PEAK PROGRAM

The Peak program improves an employee’s AWARENESS of his/her health. Plus, online education tools and engaging wellness challenges make accomplishing health goals fun and easy.

Your employees have access to our WellConnected™ wellness portal including:

- Personal health assessment
- Wellness blog and workshops
- Health library
- Health, exercise and food trackers
- Mobile app
- Daily health tip

Peak offers you turnkey wellness challenges to encourage exercise and better health. These are fun, self-administered challenges and include:

- Healthy Strides™
- Mt. Everest Challenge
- 7 Habits of Health
- Wellness Bingo

Looking for quarterly challenges? We’ve got that covered! Peak provides the following online wellness challenges:

- Water Works – January
- Mt. Everest Challenge – April
- Healthy Eating – July
- Walktober – October

Blue Cross of Idaho Can Help

Giveaway items and prizes help motivate your employees to achieve their health goals. Peak provides themed giveaway items like pedometers, water bottles and keychain carabiners, as well as prizes such as FitBit® Zips™, Apple® iPod Nanos®, Polar® heart monitors and Britta® water pitchers.

Need more?

No problem! Add any of the following programs to your Peak program:

- 24-hour nurse advice line (included in small group)
- Wellness lunches
- Employer worksite assessment

HAVE QUESTIONS?

Contact your local district office or account manager.