

"That Which is Measured, Improves."

Pearson's Law

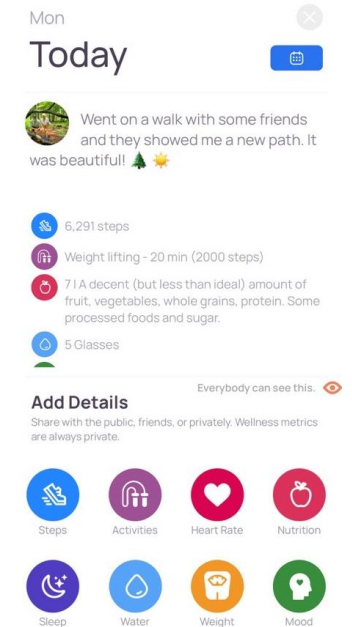
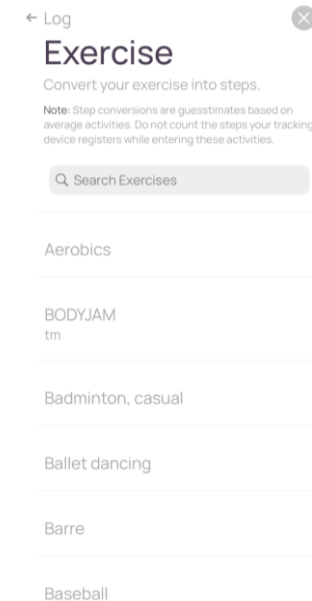
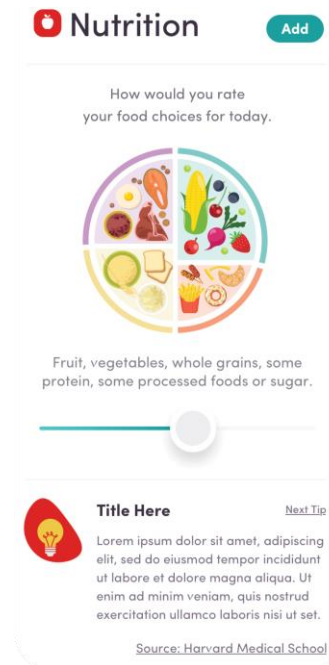


terryberry
Engage • Reward • Succeed



Track Steps/Activities, Wellness, & Social Metrics

- Steps/activities
- Journal entries
- Photos
- Water
- Mood
- Heart rate
- Mindfulness
- Sleep
- Weight
- Nutrition



Physical Activity Challenges

Interactive & Engaging

- Team or individual
- 80+ challenge themes to select from
- Customizable

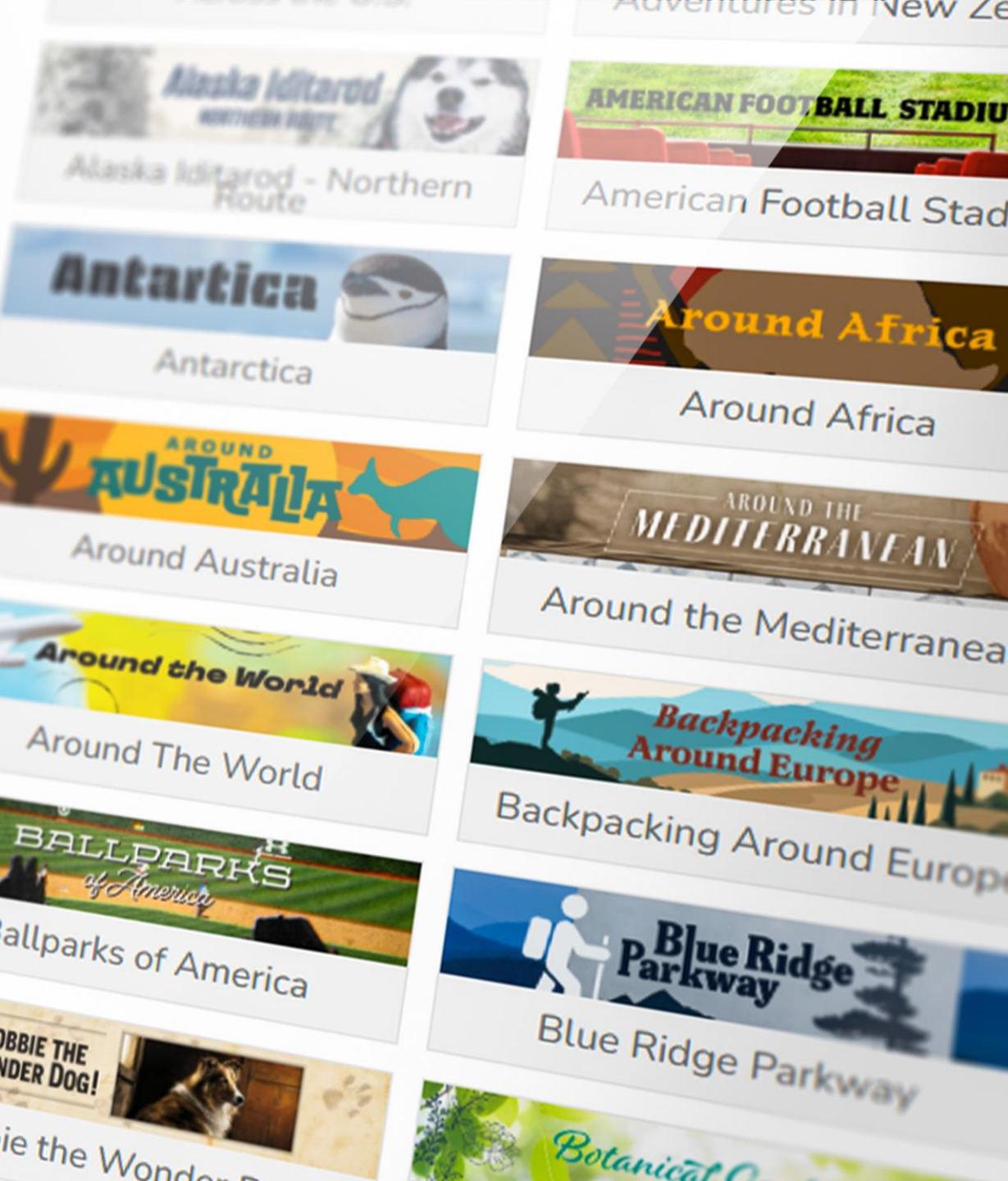
Inclusive

- Activity Converter
- ADA-compliant conversions
- Compatible with all major wearables

Promote

- Themed promotional posters and challenge email templates
- Communications templates





Wellness & Preventative Care Challenges

Preventative Care Challenges

- Remind members to get their annual check-ups
- 6 pre-made challenges to select from

Wellness Challenges

- Focus on body and mind
- 7 pre-made challenges to select from

Create Custom Wellness Challenges

- Select which metrics you'd like your members to track

Personalized Wellbeing Content & Workshops

Assessment

- 5 questions
- Edit assessment at any time

Personalized Wellbeing Content Plan

- Daily strategy and guide delivered to member

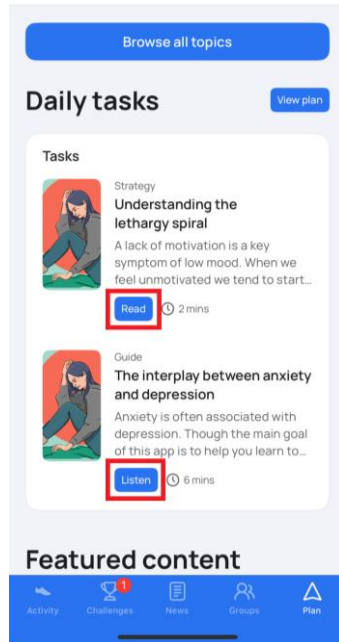
Mental & Physical Wellbeing Content Library

- New articles added weekly
- Related content recommendations

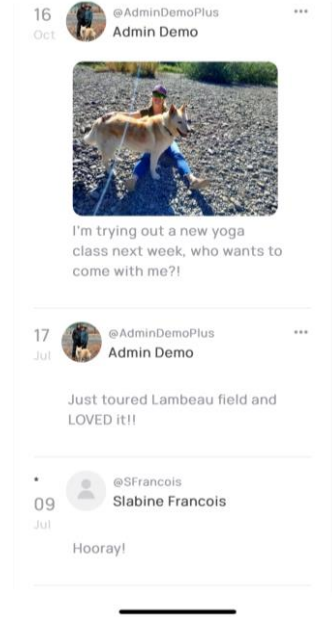
Monthly Workshops

- Live sessions led by a certified practitioner
- Interactive and formulated for providing actionable strategies

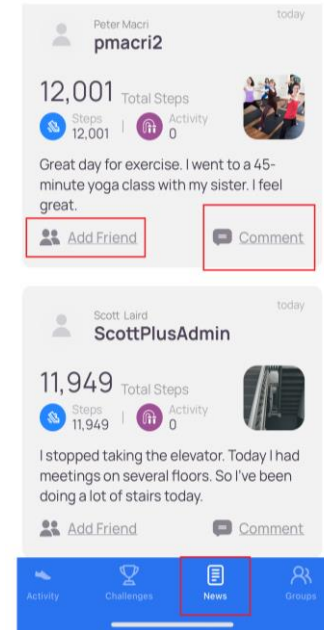
Engagement Tools



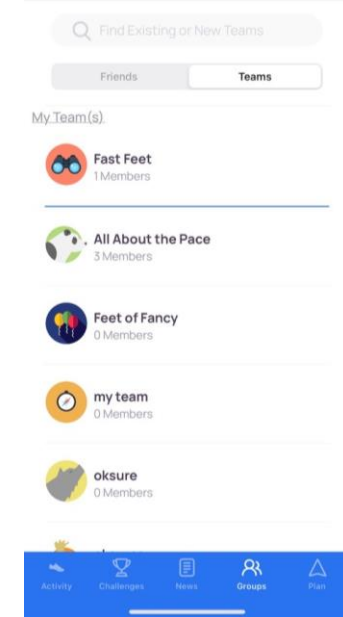
Daily Strategy and Guide provide education on topics selected by members.



Motivate and engage members via the challenge discussion board.

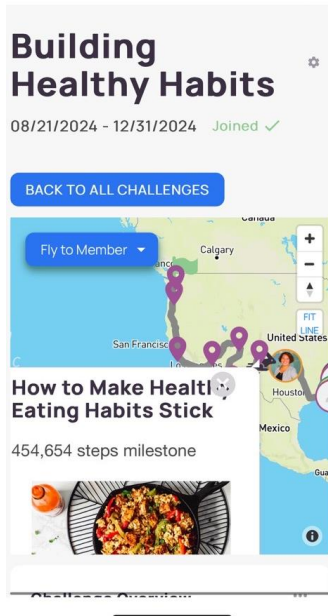


Add friends and comment on other member's posts in the Newsfeed.

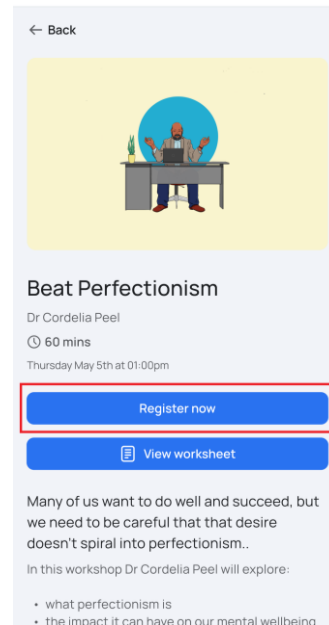


Join teams and motivate each other on the team discussion board.

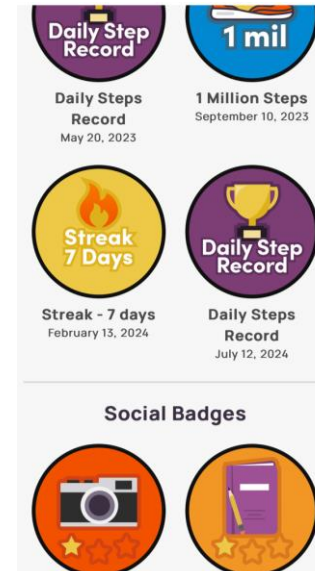
Features built for Motivation



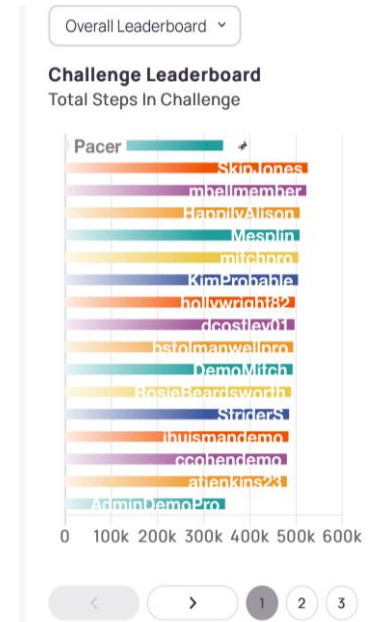
Challenge maps provide engaging milestone content, videos, and external URLs.



Workshops help members create actionable strategies for developing healthy habits.



Badges are awarded for achievements, progress, and effort.



Leaderboards motivate members to keep up with the Pacer.