

Find your Motivation

“DailyEndorphin was a critical part of our organization’s most recent physical activity challenge. Using the unique online system at DailyEndorphin.com, our participants were able to input their own activity time, which saved our wellness staff untold hours. From a challenge administrator’s perspective, Daily Endorphin made the process smooth and simple from registration through the end of the program. Our participants enjoyed and found the immediate feedback motivating, and that stimulated friendly competition which led to more physical activity.”

— **Health & Wellness Coordinator**

“This has helped to change my life. I went from a size 12 to a 2...dropped 40 pounds and now I look forward to going to the gym.”

— **DailyEndorphin Participant**

All of the information in this flyer is represented by DailyEndorphin and has not been independently confirmed by Tufts Health Plan.

dailyendorphin.com/tuftshealthplan

Get Started in Minutes!

Tufts Health Plan has partnered with Daily Endorphin to help employers of all sizes and industries promote healthy behaviors at your workplace. Employee health and wellness challenges are a simple, fun, and FREE way to get your employees moving and track their progress. AND, the best part - it only takes a few minutes to get started.

Sign Up Now! Space is Limited.

For more information go to
dailyendorphin.com/tuftshealthplan
or call your account manager



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Employee Health & Wellness Challenges

Simple, Fun & Effective

Brought to you by



For Groups of
Any Size and Purpose

Fitness & Wellness Challenges

Easily create a custom challenge to start at a desired date, lasting up to 8 weeks, based on a:

- Competition or goal
- Team-based or individual-based

Types of challenges include:

- Exercise
- Nutrition
- Weight Management
- Wellness

Fitness device and mobile app integration

Challenge participants who wear a fitness device can now sync real-time with their DailyEndorphin user accounts. This makes both implementation and tracking your company's wellness program simple and verifiable. Participants who don't have fitness devices, can download two popular FREE fitness apps that integrate with their DailyEndorphin accounts and turn smartphones into pedometers: Moves and Azumio (Argus).

Motivate Healthy Habits

Imagine a group of co-workers divided into small teams that compete based on a common exercise or wellness parameter (e.g. steps walked) for a sweet reward. Now imagine all sorts of friendly bantering as teams leapfrog each other in the standings while participants work even harder so they don't let their teammates down. That's DailyEndorphin!

DailyEndorphin makes it super easy to start and run online exercise and wellness challenges. Within minutes you can set up a group and create a custom exercise or wellness event. You choose the event type and what you get is an energized and healthy group wanting more and ultimately changing their long term health habits.

Studies have shown (1) it takes just 30 minutes of consistent physical activity 4-5 days/week to start seeing enormous health gains and (2) peer support in team-based settings is the catalyst most need to get started and maintain.

Why DailyEndorphin

- Scalable to groups of any size and multiple locations
- 5 minute wizard setup
- DIY tools
- One-click user dashboard/log
- Full participation reporting
- Sports league-style "conferences & divisions" hierarchy
- Leaderboards

Features & Benefits

- Automatic device integration
- Intuitive Interface
- Customizable
- Set Goals
- Supportive
- Interactive & Fun
- Motivating
- Create a League
- Track Incentives
- Weekly Reports



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