![RollingStrong GAMES logo]

INCENTIVIZE YOUR EMPLOYEES
TO MOVE AND GET HEALTHY

DYNAMIC COMPETITIONS ●
CUSTOM REWARDS STORE ●
ANNUAL AWARDS BRACKET PROGRAM ●

DYNAMIC COMPETITIONS

Competitions held monthly, bi monthly or quarterly.

1. **Select Competitions Between**

   Individuals, Teams, Locations, Departments, Company against Company, Virtual Walk/Run/Bike

2. **Select Competition Brackets**

   Male, Female, Age, Experience Level, Weight, Wearable/Non Wearable

3. **Select Win By Category**

   Points Earned, Steps, Distance, Time, Weight Change

4. **Select Prizes**

   We create the competition theme and a custom social graphic to send to all eligible participants, we manage the entire competition and take care of delivering the prizes.

COMPANY REWARDS STORE

In addition to Competition Awards, Companies can create a "Rewards Store" within the app. As users earn points daily for interacting in the app, they can trade their earned points for rewards.

Admin Portal > Simply add a reward and select points value

Offer	Company ▲	Points	Remaining Units	Expires	Type	Png Uploaded
United Transport T-shirt- Size XXXL	United Transport	10000	1	2022-9-01	physical	☐
United Transport Polo - Size XXL	United Transport	15000	1	2022-9-01	physical	☐
				-01	physical	☐

Your Company Participants tap "**My Rewards**", toggle to "**Your Company**". List of rewards display with its points value. Participant can redeem reward within the app.

Ideas for your company rewards Store: Company branded items like tumblers, hats, t-shirts, jackets or store giftcards, a vacation day etc ...

ROOKIE   BRONZE   SILVER   GOLD

AWARDS BRACKET PROGRAM

The Awards Brackets is an annual program that allows you to create incentives for employee participation. There are 4 trophy brackets: **Rookie, Bronze, Silver** and **Gold**.

Define the criteria, choosing from an available list, that employees need to meet to earn a trophy and move to the next trophy level. Participants receive one award item for each trophy level reached. Awards are completely up to the company and can be monetary or physical items.

Participants have full visibility of their current trophy status and criteria in the app. As they complete a criteria, check marks are placed by the criteria with the date met.

When all criteria for a trophy has a check mark, they will see their earned trophy in the top left of the app home screen, profile page and on the social page.

Ask us how your company can use award bracket criteria to provide discounts on insurance premiums.

AVAILABLE LIST OF CRITERIA

- Register for App
- Get ___ Health Checks-Higi
- Get ___ Health Checks-Pharmacy
- Get___ Health Checks-Coach
- Complete a Health Risk Assessment
- Connect a Wearable
- Earn ___ Points
- Win ___ Company Competitions
- Walk ___ Steps
- Achieve Target Heart Rate ___ Total hours
- Total Average Sleep Hours is ___ or more
- Nonsmoker
- Blood pressure is below __ /__

- Waist Circumference at most:
  - » Male
  - » Female
- Body Mass Index is less than __
- Hemoglobin A1c is less than __
- Fasting Blood Sugar is below __
- Non-Fasting Blood Sugar is below __
- Triglyceride level is less than __
- Total Cholesterol is below __
- HDL is above __
- LDL is below __
- hsCRP is less than __
- non-HDL Cholesterol is less than __