



CASE STUDY

# KEEPING EMPLOYEES HEALTHY & ENGAGED THROUGH WELLNESS CHALLENGES



# Construction company keeps employees healthy and engaged through wellness challenges

## Scenario

A growing construction company wanted to engage employees in month long wellness challenges to keep people focused on better health outcomes and create a culture of wellbeing.

## Solution

The company used Whistle to educate employees about the program and capture team progress metrics (self-reported daily activity like running, cycling, rowing, etc...aggregated by teams). Employees and admins could track progress through leaderboards and reports throughout each challenge.

## Impact

98% engagement rate for participation of people who signed up to be part of the program. Admins shared fun and engaging statistics about individual and team accomplishments.

