What is eCorpWellness?

Your Company’s New Comprehensive Wellness Solution!
It all starts
With Your Carone Fitness Tracker Account!

Tools for Health:
Employees can access exercise libraries, track nutritional intake and calories, view results, and more!

Guidance:
Exercise videos, wellness coach collaboration, daily tasks and automated email reminders.

Health Courses:
Proven health and fitness courses with multimedia lessons, quizzes, FitTasks, discussions, and instructor feedback.

Goal Setting:
A motivation and goal center to track goals, and the tools and guidance to help participants achieve them.

Verifiable Data:
Integrated upload and syncing capability with a variety of heart rate monitors, activity monitors, or pedometers for accurate reporting.

Health Rewards Points:
Participants receive rewards points for healthy activities. Points can be redeemed for merchandise discounts, gift cards, cash, or other items as determined by employer.

Fitness Challenges:
Individual and team challenges create a health-centered culture and motivate participants to work towards a common health goal.
**eCorpWellness Provides**

**Education & Awareness**
Interactive Fitness, Nutrition, & Health Modules

**Personalization**
Custom Workouts and Programs Based on Needs and Interests

**Motivation**
Email Reminders, Group Challenges, Online Community, and Incentives

**Accountability**
Accountability Partners, Live Coaches, and HRM Integration

**Reporting**
Verifiable Data with Dynamic individual or Aggregate Reporting

**INSTEAD OF**

static and generic advice

a one-size fits all program

an isolated experience

subjective reporting

individual or manual tracking

**ENGAGE your employees**

SEE the RESULTS!
Variety of Course Topics:
• Physical Fitness
• Nutrition
• Stress & Time Management
• Communication
• Healthy Relationships
• Life Skills
• Tobacco, Drug, and Alcohol Use
• Much More!

Weekly Learning Modules Include:
• Topic-Based Multimedia Lessons
• Accountability Quizzes
• FiTasks
• Online Discussion Boards
• Recommended Workouts
• Fitness & Nutrition Journaling
• Links to Additional Resources

Additional Features
• Consistent Email Reminders
• Progress Reports
• Live Coaches Available to
  • Provide Feedback and Answer Questions

Comprehensive Health & Fitness Courses
Wellness Coach Collaboration
Nutrition Analysis
Fitness Tracking/HRM Syncing

TOOLS FOR HEALTH
A variety of activity hardware integrates with the Carone Fitness Tracker—providing verifiable data and reports.
Robust Reports with Aggregate Data
Fitness Challenges

Challenges between Individuals, Teams, or Locations

- Countdown tracker
- Accountability partners
- Activity wall
- Leader boards
- Ranking
- Competitors
- Message wall

- Calorie-Burn Challenge
- Weight-Loss Challenge
- Step Challenge
- Wellness Challenge
- Healthy Eating Challenge
Additional Features

Mobile App
Accountability Partners
Fitness Friends
Health Risk Assessments
Wellness Analysis
Biometric Screenings
Fitness Assessments
eCorpWellness
Virtual Tracking. Real Results!

Learn More!
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