

EveryMove @Work

Get Everyone Moving and Energize Your Company Culture

What is EveryMove?

EveryMove is changing the way companies recognize and reward active individuals. On the participant level, EveryMove.org is a fun, free online social-networking site where participants earn rewards for their physical activity. Participants log their activities online manually or automatically using a personal tracking tool (wearable technology or online applications, etc.). Simply put – activities turn into points, and points can be redeemed for rewards.

What is EveryMove @Work?

EveryMove @Work is a simple way to implement the EveryMove experience within your organization. It is a new way to get employees moving in a customized program that you control.

Get Your Employees Moving with EveryMove @Work

Give your employees access to EveryMove's fun and motivational experience – at work.

The EveryMove @Work Experience is Easy

EveryMove @Work connects seamlessly to just about any activity tracker or app, so your employees can spend their time on the doing, not the data entry. However, if your employees would rather manually enter their data, don't worry. They can do that, too.

The EveryMove @Work Experience is for Everyone

EveryMove @Work supports whatever activities your team members' love, from backyard gardening to bike racing – so everyone can join the fun.

The EveryMove @Work Experience Creates Stronger Connections

Being active is always better with a buddy. EveryMove @Work lets employees connect with people that motivate them most – family, friends and coworkers. Together they can track their activities, cheer each other on, and celebrate achievements.

The EveryMove @Work Experience Rewards and Celebrates Victories

In addition to rewards, EveryMove @Work has exciting, new ways to celebrate participant victories and accomplishments. Employees can earn badges, compete in a leaderboard and collect active day bonuses.

Kick Start Your Program With An EveryMove @Work Employer Account

When you create an EveryMove @Work employer account you can kick start your program in just a few minutes.

With an EveryMove @Work employer account you can:

- ✓ Develop a customized homepage to welcome your employees to EveryMove @Work
- ✓ Manage your employer-sponsored rewards. Rewards may include:
 - Monthly Monetary Gift Cards
 - Custom Rewards (i.e., casual days, etc.)
 - Charitable Donations (made on behalf of the employee)
- ✓ Access EveryMove promotional materials
- ✓ Launch company-wide fitness challenges
- ✓ Track employee engagement

How do you get started?

Create your EveryMove @Work employer account today at everymove.org/nebraskablue.

Please note: Special discount pricing is available for all Blue Cross and Blue Shield of Nebraska employer groups.

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