



Wellness **AtoZ**

PlayWELL

PROMOTES PHYSICAL ACTIVITY
AND HIGHLIGHTS THE WONDERS OF AZ

IMPLEMENTATION GUIDELINES

PlayWell's Wellness Wonders of AZ challenge highlights unique features of our state and encourages outside physical activity. From hiking a mountain to visiting a farmer's market, there is something for everyone and family participation is encouraged.

Wellness Wonders is a great way to add variety to your wellness calendar. Employers will receive a communication package and marketing materials to rollout to employees. Best of all, there are many opportunities for employees to win great prizes!

Implementing PlayWell

Wellness Wonders of AZ can be a company's main activity challenge or can enhance an existing company wellness program.

- Incorporate at least one seasonal challenge on the calendar year
- Download your Wellness Wonders Employer Toolkit at WellnessAtoZ.org/PlayWell
- Register your company and provide accurate count of company's employees
- Promote the challenge to your employees using the Wellness Wonders Employer Toolkit and track participation on Wonders Challenge Dashboard
- Receive at least 10% company participation of Arizona employees

Wellness Wonders Employer Toolkit

- Intranet banner
- Intranet article
- Email template
- Wellness Wonders of AZ flyers

Ideas to Implement:

- Create employee challenges
- Compete against other companies

Wellness Wonders of AZ is all year!

- Spring
- Fall
- Wellness AtoZ Day



Wellness **AtoZ**



Wellness AtoZ is a program of the Greater Phoenix Chamber Foundation.
Contact us at (602) 495-2198 | info@WellnessAtoZ.org | WellnessAtoZ.org

WELLNESS WONDERS OF AZ FAQs

WHAT IS WELLNESS AtoZ?

Wellness AtoZ aims to make Arizona and the Greater Phoenix region known as a destination for healthy talent and a healthy community. It offers free solutions for all businesses, complementing existing programs or offering tools to build your own.

WHAT ARE THE WELLNESS WONDERS OF AZ?

The Wellness Wonders of AZ brings together fun and healthy activities that you can do with your family, colleagues, groups, clubs or simply enjoy some 'me time'. There are seven Wellness Wonder activities showcasing the unique features of our beautiful state. The Wellness Wonders of AZ runs twice a year in Spring and Fall.

WHO IS HOSTING THIS EVENT?

The Wellness Wonders of AZ is a program of Wellness AtoZ brought to you by the Greater Phoenix Chamber Foundation.

HOW DO I REGISTER?

Sign up at www.WellnessAtoZ.org. It's Free!

HOW DO I COMPLETE THE WELLNESS WONDER ACTIVITIES?

You must sign up online to participate. After you sign up and complete your activity, log in and check each Wellness Wonder activity you complete. That's it!

ARE THERE SPECIFIC RULES FOR EACH WELLNESS WONDER ACTIVITY?

The rules are very simple and specific to each wonder. Check out the requirements for Wellness Wonder activities online.

WHAT DO I DO WHEN I'VE COMPLETED ALL SEVEN WELLNESS WONDER ACTIVITIES?

As long as all of the Wellness Wonder Activities are checked off in your Wellness Wonder Activity Tracker, there is nothing else you need to do. Sit back and see if you win prizes!

DO I HAVE TO COMPLETE ALL SEVEN WELLNESS WONDER ACTIVITIES?

No. You can participate in as few or as many Wellness Wonder activities as you want. Remember, the more Wellness Wonder activities you complete, the more great prizes you may win!

WHAT DO I GET FOR PARTICIPATING?

Several great prizes are available for participating. The more activities you complete, the more chances to WIN!

IF I WIN A PRIZE HOW DO I GET IT?

Participants will be randomly selected based on the number of activities completed. You will be contacted by email or text to collect your prizes if you win.

IF I HAVE QUESTIONS ABOUT A WELLNESS WONDER ACTIVITY, WHO DO I CONTACT?

Send us an email at info@wellnessatoz.org and we'll get back to you within 24 hours.

HOW MUCH DOES IT COST TO PARTICIPATE?

It's FREE! Just get out, be active and enjoy Arizona's Wellness Wonders.

IF MY FAMILY IS PARTICIPATING, DO I NEED TO REGISTER EACH PERSON SEPARATELY?

Yes. In order to track your activities and be entered into the prize raffle, each person must sign up separately.



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