

PAL TO PAL CHALLENGE

Inspire Healthy Competition Through Pal to Pal Challenges

- Enhancement offered at no charge
- Enhancement available with no action required from members
- NOT a point earning opportunity, but a fun community engagement option
- Members can easily launch a Pal to Pal challenge by clicking on the Wellness Challenges tile in their wellness center

How It Works

Pal to Pal Challenges allow participants to initiate and engage in social competition on a one-to-one basis. Challenge creation is quick and easy with time- and target-based options to determine a winner. Challenges have built-in themes, including activity, nutrition, health measurements, sleep, and emotional wellness.

Challenge data can be manually added or automatically synced with over 100 devices or apps, and integrated gamification allows participants to share their progress and earn badges. Additionally, participants can keep the competitive spirit alive by posting, commenting, and responding on the Social Wall, which includes access to a robust library of images and GIFs.

Pal to Pal Challenges provide motivation and promote accountability in a fun and rewarding way that encourages the creation of healthier habits and lifestyles.



Questions? Contact Gilsbar's Customer Contact Center at 1-888-472-4352 or at CustomerService@Gilsbar.com.

More info in the Wellness Center > Wellness Challenges Tile

