



Custom Challenges



Flexible, Customizable, Enterprise-grade

- Can be Individual based, Team based, Topic based
- Built by your CSM exclusively for your organization
- Available to all or a segment of the population
- Theme and imagery specific to your needs
- Flexible number of teams and topics

Challenge Yourself

To Infinity & Beyond!
LIFT OFF TO EMOTIONAL WELL-BEING.

To Infinity & Beyond
May 6 to June 17

Welcome to Star Command. Your journey **To Infinity & Beyond** begins May 6 when you can start earning Wellness Minutes towards the activity. Select your destination to take your well-being to new heights.

[Join Journey](#)

SR 1 NK 1 CW 20 Sam, Nicole, Caroline and 4698 other users joined a challenge

Sleep Right Up To Mindfulness
May 6 to June 17 #Life:MyBenefits

Counting Sheep For Better Sleep
May 6 to June 17 #Life:MyBenefits

Stress Buster
May 6 to June 17 #Life:MyBenefits

Engage and empower

Grokker Wellbeing Challenges enhance workplace culture by promoting health, productivity, and social connections. They are simple to manage, fun to participate in, and effective at maximizing existing wellness investments.

[Get started with Challenges today >](#)