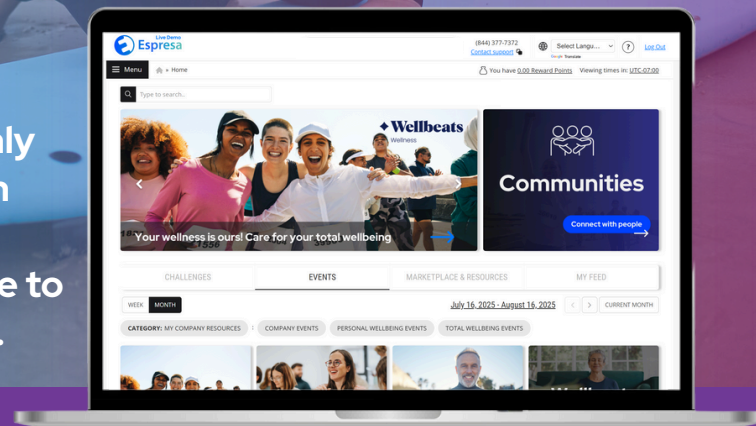


Your Benefits, Your Way! Espresa's Wellbeing & Challenges Program

More Choice. More Flexibility. More You.

Your new Wellness Program includes monthly or quarterly wellness challenges focused on physical, mental, and social wellbeing. Each challenge period, employees can participate to earn points toward milestones and rewards.



How does it work?

Each company sets its own challenge and wellbeing guidelines, but the process remains the same. Here's how your challenges will work:



1. Participate in Quarterly or Monthly Challenges

Each challenge lasts for a preset time and can have a different theme such as physical activity, mindfulness, or social connection.



2. Earn Points

Complete milestones like hitting step goals, logging meditation sessions, or attending wellness events. With their earned points, fund LSAs or purchase eligible rewards!



3. Connect in Communities

Join themed groups such as Step Into Nature or Wellness Wanderers for peer motivation and team spirit.

Challenge Themes

Connect with coworkers through fun, themed wellness challenges designed to support your physical, mental, and social wellbeing throughout the year.

You'll be able to join groups and track your progress directly within the Espresa platform. Here are a few examples of communities with shared interests or goals:

- **Step Into Nature:** Share outdoor photos and local trail tips.
- **Wellness Wanderers:** Track movement and pair with hydration or nutrition goals.
- **Walk & Talk Club:** Pair walking with social time—great for team bonding or check-ins.

Wellbeing Challenge Examples

Challenge Themes for 2025



Move Challenge - Total Steps -

A basic movement challenge with one point per roll, step, or stride. This challenge can be achieved by running, walking, biking, rolling to equate to "steps."

Celebrate progress in the wellness communities!



Mental Wellness -

Focus on mindfulness, journaling, stress-reduction, and guided meditations. Use the time to reset and reflect.



Lifestyle Improvements -

Declutter your space, support a local business, or volunteer with challenges meant to improve your daily life.

Community Groups



Step into Nature



Wellness Wanderers



Walk & Talk Club

Have a community idea you'd like to kick off?

You can submit a request to add new communities at any time in the resource page of your account, we'd love to support initiatives that bring coworkers together.

Getting Started

New Users:



Desktop Access

- Visit <https://espresa.com/login>.
- Enter the email address associated with your company and click "Next."
- You'll be directed to log in via Single Sign-On.



Mobile App Access

- Download the Espresa app on iOS or Google Play.
- Log in with your registered email and follow the steps to sign in via Single Sign-On

Returning Users:



Desktop Access

- Log in using your Single Sign-On.
- For account issues, contact support@espresa.com



Mobile App Access

- Log in using your Single Sign-On.
- For account issues, contact support@espresa.com

Tips to Maximize Your Wellness

- Log into the Espresa app weekly to stay on track
- Join a community for accountability
- Celebrate small wins—every step counts
- Sync a fitness tracker for automatic step logging
- Use chat threads to share ideas and encouragement

Important Notices & Details

- Program Modifications: Envision reserves the right to modify, amend, or terminate the program at any time without prior notice.
- Employment Terms: This program does not alter employment-at-will status or create any contractual employment agreement.
- Complete all levels in a challenge to achieve milestones.
- Rewards are distributed in compliance with company guidelines and applicable laws.

FAQs:

Espresa's Wellness Program

We know you're busy, so here's a quick guide on the most common questions for your Wellbeing and Challenges program!

Getting Started

Q: *Do I have to participate?*

A: No! Participation is always voluntary, but participants can earn monetary incentives!

Q: *How do I sync my steps and activity to Espresa?*

A: Connect a data source to the Espresa mobile app and let it sync automatically and/or come in and sync manually every couple of days. Visit the [Espresa Help Center](#) for a full walkthrough!

Q: *The challenge isn't applicable to me. What do I do?*

A: If there is a challenge that doesn't fit you, contact your HR team to see if they can accommodate your needs.

Q: *Do challenges expire?*

A: Yes, most challenges run during a set time period, whether it be weekly, monthly, or quarterly.

Q: *Will challenges run every month or quarter?*

A: Each organization is different, and the challenge times and types will depend on your people teams. Suggest some challenges for them!

Support & Troubleshooting

- For account access, reimbursements, or technical issues, contact Espresa Support at support@espresa.com
- For questions about your company's LSA rules, reach out to your HR team

[Help Center](#)