



Agency Employee EMAIL Template

Let's join employees across the state! [Insert Agency Name] is excited to take on the Walk, Chop, Talk! State of Wellbeing challenge together! Starting June 3, let's hoof-it, home-cook-it, or huddle-up with friends -- 28 days to collectively build a healthier and happier workplace.

[A State of Wellbeing Challenge!](#)

This challenge uses the innovative platform offered by Virgin Pulse. For the month of June, this challenge gives you a unique mobile-first experience that supports daily tracking of three wellbeing activities. You can choose to participate in one, two, or all three healthy habits.

1. Walk—Move it! Take 7,000 steps a day to stay active and have fun this summer.
2. Chop—Home Cooked! Prepare food and eat at home to promote healthier eating habits and financial wellbeing.
3. Talk—Connect! Have twenty-eight meaningful conversations to build social connections that are proven to increase longevity.

[Sign up today! Our challenge begins June 3!](#)

1. Sign up now! Create or login today to your Virgin Pulse account. Access [Virgin Pulse here](#).
2. Download the Virgin Pulse App to your phone using Google Play or Apple's App Store.
3. Inspire your coworkers and start this challenge!

Note: Employees not eligible for benefits can join the challenge using [this form](#).

We are excited to do the Walk, Chop, and Talk Challenge together!

Sincerely,
[Agency Leader]