



Outlook

## Cognizant Health Program- Registrations open!

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## Cognizant Health Program ...where fun meets fitness



We heard you!

Cognizant's Health Challenge transforms into a year-long 'Cognizant Health Program (CHP)'. In partnership with GOQii, we bring to you a truly holistic health app that will help you embrace and sustain a healthy lifestyle like never before! This initiative aims at giving each one of you access to a curated health platform that helps motivate you to learn, engage, compete, and win.

### What's in store for me?

			
<b>A robust health app</b> Access to a custom-built health app for Cognizant associates. You get to enjoy year-long access to activity tracking, curated wellbeing videos and blogs, a digital Health Risk Assessment, a social community, exclusive offers on healthy products, and much more.	<b>Health challenges</b> Health won't let you off the hook! There are three <b>mini challenges</b> (each about a week long) and an <b>anchor challenge</b> (eight weeks long) spread through the year and coming your way! And, associates also get an option to create their own	<b>Rewards</b> It's not just about the winners but triers too. Lots of opportunities to win exciting rewards during the health challenges. Not just that, you also get rewarded in the form of GOQii cash for every healthy activity	<b>Health store</b> A one of its kind feature on the GOQii app to buy all things healthy, you can use GOQii cash to grab the best deals! There will also be a curated section for Cognizant associates to buy healthy products at exclusive discounts.

challenges on the  
GOQii app!on the GOQii  
app.

In addition to all of this, there's round the year impromptu events. Stay tuned for healthy surprises!

### How can I be a part of CHP?

- Simply download the GOQii app from the play store or app store. Alternatively, scan the QR code to download the GOQii app.
- Sign in using your official Cognizant email address and password ([employeeID@cognizant.com](mailto:employeeID@cognizant.com)).
- Complete your account setup.
- Congratulations, you've now entered a world of healthy beings!
- While you took the first step, we won't wait to reward you. Claim your **complimentary** six-month subscription to EazyDiner Prime and two-month subscription to Audible Premium plus in the GOQii app.
- Please visit the CHP Page on [Be.Cognizant](#) to uncover more details about this exciting program.



### Some stand-out features in the App to look out for:



#### Health Logs

Track your nutrition, water intake, sleep, activities, etc.



#### Healthy Reads

Dive into our curated health blog, where you choose the categories that resonate with you. Explore immersive topics for a healthier, more aware lifestyle.



#### Arena

We just created a closed community of Cognizant employees where you can add your colleagues, share and follow healthy activities, participate in health challenges and post short clips, and motivate each other to live better and healthier lifestyles!



#### GOQii Play

The app brings to you health and fitness videos across categories from trained and verified coaches and experts.



#### Digital Health Risk Assessment (HRA)

Take your HRA to evaluate your lifestyle choices, digital HRA score gives you an overview of any potential health risks in the future.



#### Women Care

A feature for all female employees to track their menstruation / pregnancy cycles and get personalized recommendation to watch healthy videos or read blogs.

**Start your wellbeing journey today!**