

Welcome to Sonic Boom



We're implementing a new and exciting program to support healthy behaviors and lifestyles (at work AND at home). It doesn't matter if you're already in great shape, or if you haven't seen the inside of a gym in decades – young, old, guys, gals – this program has something for everyone.

The Sonic Boom program provides tons of tools, resources, contests, and challenges to help you focus on optimal nutrition, increased physical activity, weight management, stress reduction, and more. The challenges are fun, educational, and occasionally border on “wacky” – but hey – step outside your comfort zone and play along! Not only will you develop healthier habits and connect with coworkers, you'll also have the opportunity to earn some cool recognition (and rewards) along the way!

Program Features



Engagement Score

As you engage in Sonic Boom activities and challenges, you'll increase your Engagement Score. Maintain as high of a Score as you can to achieve new Levels and earn some awesome rewards!



Goals and Trackers

Use our fun and automated goals and trackers to keep tabs on your hydration, fruit/veggie intake, physical activity, sleep, mood, and more. Boost your Score by hitting daily goals in each category!



Challenge-of-the-Day

Improving daily behaviors is ... well ... an everyday thing. We provide you with an “aha!” moment every weekday, with informative and inspiring health challenges delivered straight to your inbox (and personal portal!). Complete the COD on your own, with coworkers, or at home with your family!



Sonic Striding

Grab your activity-tracking device and start logging exercise data! You'll earn points for reaching activity goals each day. Check company-wide stats on real-time leaderboards, and compete with coworkers in a variety of epic contests!



Caught Ya Bein' Healthy

Reward each other for practicing healthy behaviors at work! Build camaraderie and feel good about the changes you're making to improve your daily habits together.



Contests

- Company-wide: We'll periodically host featured contests for all employees to participate in ... sometimes as a competition and sometimes as a cooperative challenge... sometimes based on physical activity and sometimes based on weight-management, optimal nutrition, stress management, and more!
- Member-driven: YOU get to create individual or team-based inter-office challenges around any activity you want. Choose from more than 90 pre-loaded challenges, or build your own!



Rewards

Use your Rewards page to track your progress toward various health & wellness goals (and the rewards tied to 'em).

Keep in Mind...

- Small improvements in lifestyle habits make a major difference in the long-run – as long as you're **consistent!**
- Friendly competition makes Sonic Boom even better – so challenge each other often!
- You can log most activities up to five days into the past, and your device stores multiple days' worth of data.
- This program is designed for YOU. Set up your personal preferences and create relevant contests to get the most out of it!

Get Started!

bmc.app.sbwel.com