



How Million Mile Month™ Benefits Your Company

1. **Engages employees in physical activity and healthy habits**

Decreasing healthcare costs, increasing productivity, and reducing absenteeism.

2. **Free for your company to use**

There is no fee for your company to participate, and no software or devices to purchase. The website works on any device with access to the internet (iPhone, iPad, Android phones and tablets, desktop, laptop...you name it).

3. **Is simple to administer**

Designed to keep time demands on HR/wellness administrators to a minimum. You email us your company name, and we will set your company up and do the rest. Even features for involving and tracking satellite offices and departments worldwide.

4. **Is simple to participate for your employees**

Over 90% of last year's participants reported the website was easy to use and helped them stay on track throughout the month. In fact, one participating company is expanding from 200 employees at one department to over 12,000 employees across all of their departments worldwide, saying it was the easiest program they had ever put into place with the least amount of hassle and the best results and employee feedback.

5. **Provides metrics**

Metric reports are available for your organization and include: miles completed, calories burned, minutes of activity, type of activity, number of participants at your organization, totals for your organization, data per individual employee and more.

6. **Inclusive of all current programs and platforms**

Inclusive of any current wellness programs or challenges you are already involved in.

7. **Supports team building**

Reinforces your organization's core values, helps build community within your organization and with your local broader community.

8. **Provides recognition and friendly competition**

For both your company and individuals through leaderboards, prizes, shout-outs and awards.

9. **Is a fun, easy-to-use program**

Allows employees to choose the physical activities they enjoy, at a time and place that's convenient for them, removing the excuses of "I can't do that." "I am not good at that." or "I don't have time."

To get started now, email your company name to: contact@millionmilemonth.org

