



GLOBAL
CHALLENGE

100 DAY JOURNEY GLOBAL FINAL REPORT

UNAPPROPRIATE

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EXECUTIVE SUMMARY

This report aggregates health information and outcomes shared by members who have successfully completed the Global Challenge this year and answered both our pre and post-event questionnaires. The data is designed to provide you with new perspectives and insights which show how the health and performance of your workforce have been transformed.

HEADLINE RESULTS

Below is a snapshot of the headline results which are expanded upon throughout the rest of this report.

67% of members now meet the recommendation of 10,000 steps per day vs. 20% pre-Global Challenge

46% of members are now more aware of what they eat

67% of members who tracked their weight have lost weight

69% of members now meet the recommended amount of sleep vs. 56% pre-Global Challenge

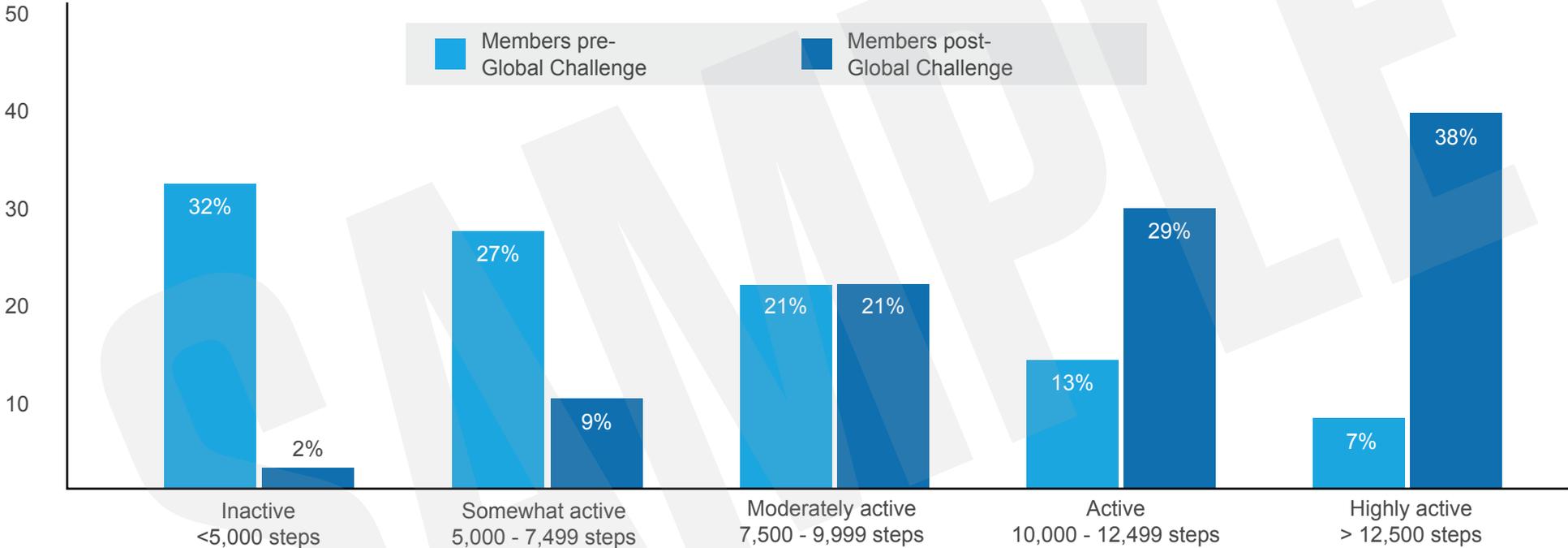
69% of members have reported a decrease in their stress levels either at home or at work

58% of members have reported an increase in either their productivity or concentration

PHYSICAL ACTIVITY

The results below show the change in members' physical activity levels during the Global Challenge. Motivated by their daily target of 10,000 steps and a sense of accountability to their team mates, they've become more active and developed a positive relationship with exercise.

Distribution of members' physical activity levels pre-Global Challenge and their step average post-Global Challenge:



67% of participants now meet the recommendation of 10,000 steps per day vs. 20% pre-GCC.
82% of participants said that GCC has had a positive impact on their relationship with exercise*.

* Data derived from mid-event survey responses only

STRESS AND HAPPINESS

Our research has shown that through increased physical activity, Global Challenge helps improve members' happiness levels and reduces stress, which in turn has a positive impact on their productivity⁵. The charts below show the distribution of members' happiness and stress post-Global Challenge and the change compared to pre-Global Challenge results

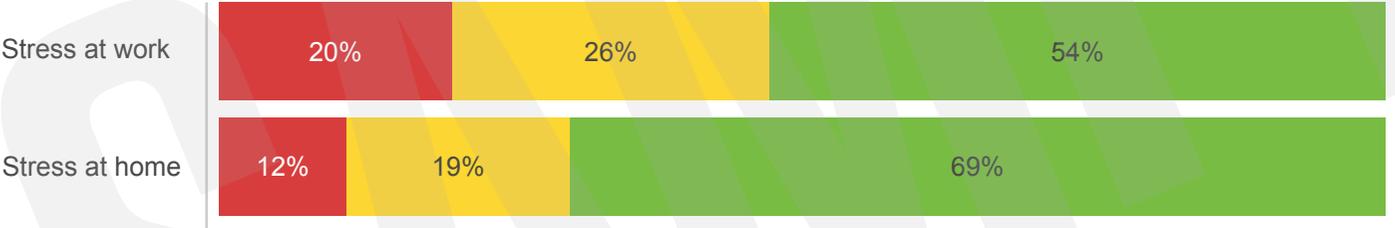
Distribution of members' happiness post-Global Challenge:



Pre/post-GCC change
% happy to extremely happy*



Distribution of members' stress levels post-Global Challenge:



Pre/post-GCC change
% with low to no stress*



69% of participants have reported a decrease in their stress levels either at home or at work.

⁵ Reference available in appendix

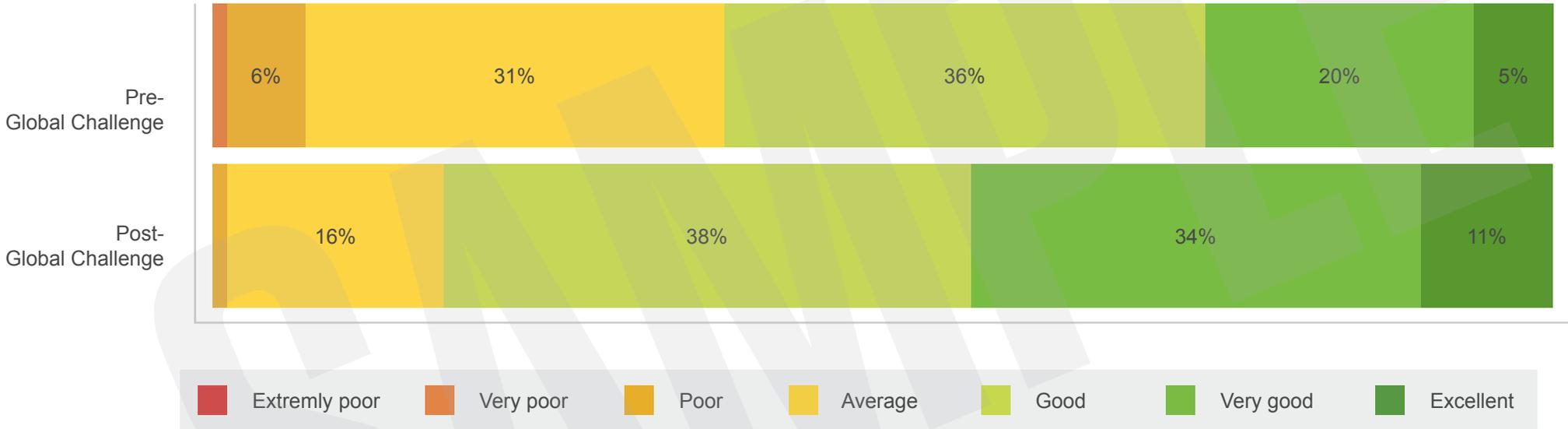
* Ranges based on 7 point Likert items

For stress, 'low to no stress' represents the percentage of members who have answered low stress, very low stress and not at all stressed, 'moderately stressed' shows the percentage who have answered moderately stressed and 'stressed to extremely stressed' is the percentage who have answered stressed, highly stressed and extremely stressed. For happiness, 'happy to extremely happy' represents the percentage of members who have answered being happy, very happy and extremely happy, 'moderately happy' shows the percentage who have answered moderately happy and 'little to no happiness' is for the percentage who have answered somewhat, a little bit and not at all happy

OVERALL HEALTH SCORES

Through increased awareness and having the tools to form new, healthy habits, Global Challenge members have shifted their perception of their overall health. Research consistently shows that there is a strong association between self-reported health and actual health⁸, so when members report feeling healthy at work, the groundwork for improved performance and higher engagement is in place.

Distribution of members' overall health pre- and post-Global Challenge:



83% of participants now rate their overall health as either good, very good or excellent vs. 61% pre-GCC.

⁸ Reference available in appendix

DEEP DIVE REPORTS

Virgin Pulse Deep Dive Reports empower you to make better business decisions. They use data supplied by your own employees to provide valuable insights into your organisation's most valuable resource – your people. They also provide evidence of the health and performance challenges that matter in your organisation then benchmark you at industry and global level for a wider perspective and competitive advantage.

DEEP DIVE REPORT TOPICS

Deep Dive Reports focus on health and wellbeing topics of critical relevance to your organisation. By examining points of potential weakness within your organisation, Deep Dive Reports empower you to take informed action. Below is a list of report topics:



EDUCATION AND AWARENESS



EMPLOYEE HAPPINESS



PSYCHOLOGICAL WELLBEING



REPEAT PARTICIPATION



MOTIVATIONS AND OUTCOMES



STRESS



SLEEP



AGES IN THE WORKPLACE

**Make better decisions today with Deep Dive Reports.
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