



Kickstart Your Wellness Journey Today!

Hey there, Wellness Warrior! Imagine transforming your health habits in ways that feel more like playing a game with friends than a monotonous to-do list. And the cherry on top? Cool rewards that make all the healthy hustling worth it.

Let's make wellness something to look forward to, not something to tick off a checklist. Jump in at som.app.sbwel.com and let the good times roll!



Small steps lead to big leaps over time. Consistency is your secret weapon.



This program is like your favorite coffee order – make it your own for the best experience.



Member Support

info@sbwell.com

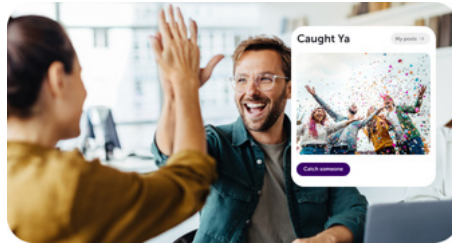
877.766.4208

Mon. - Fri. 9am-5pm PST



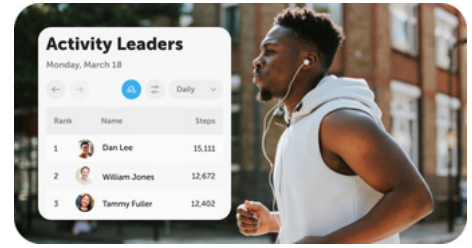
Daily Challenge Dose of Wow

Every weekday, we serve up nuggets of wisdom that are as enlightening as they are doable. Go solo, team up with colleagues, or rope in the family – it’s your wellness party!



High Fives for Health

Spotted a colleague choosing stairs over the elevator? Give them a virtual high-five with a Caught Ya feature. It’s about celebrating the little wins together and building a culture where everyone’s a cheerleader for healthy choices.



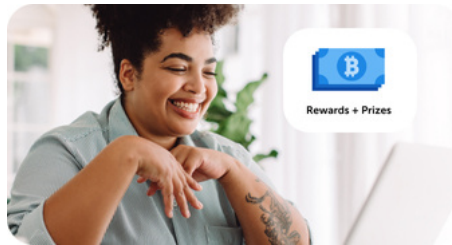
Track It Like It’s Hot

Our goals and trackers are like your personal health dashboard – fun and slightly addictive (in a good way). Whether it’s keeping an eye on your water intake, mood, or daily steps, we’ve got you covered. Want to set a goal that’s uniquely yours? Go for it – tailor away!



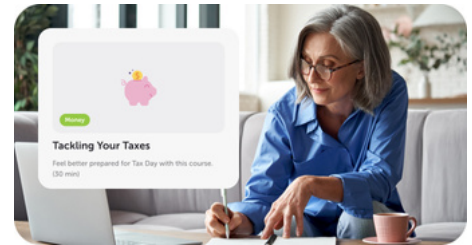
Gadget Meet Goals

Love your fitness tracker? So do we! Sync it with our platform and watch the magic happen. Earn incentives, check out the leaderboard (hello, friendly competition), and dive into contests that make reaching goals as fun as binge-watching your favorite series.



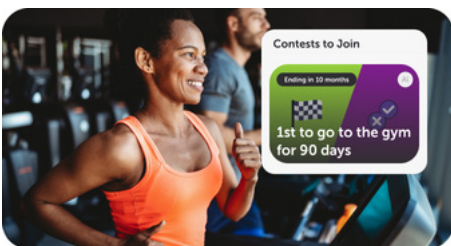
Rewards That Make You Go Yay

Tracking your journey toward a healthier you has never been this rewarding. Literally. We’re talking incentives that’ll have you doing the happy dance every time you hit a milestone.



Academy of Awesomeness

Dive into our collection of articles, videos, and more. Whether you’re looking to master the art of mindful eating or up your financial wellbeing game, we’re here with bite-sized lessons that pack a punch.



Contest Galore

Because why not? Competitive? Cooperative? A mix of both? We’ve got contests that cater to every flavor. Plus, you get to create your own. Put on your director’s hat and call the shots on your wellness journey.



My Health, My Dashboard

For the number geeks and progress trackers, our comprehensive dashboard lets you keep an eye on everything from your personalized wellbeing insights to your latest fitness streak.



Mobile App Magic

On the move? So is your wellness journey. Grab our mobile app for all the tracking, learning, and competing fun on-the-go.



State of Montana Health Fair

May 7, 2024

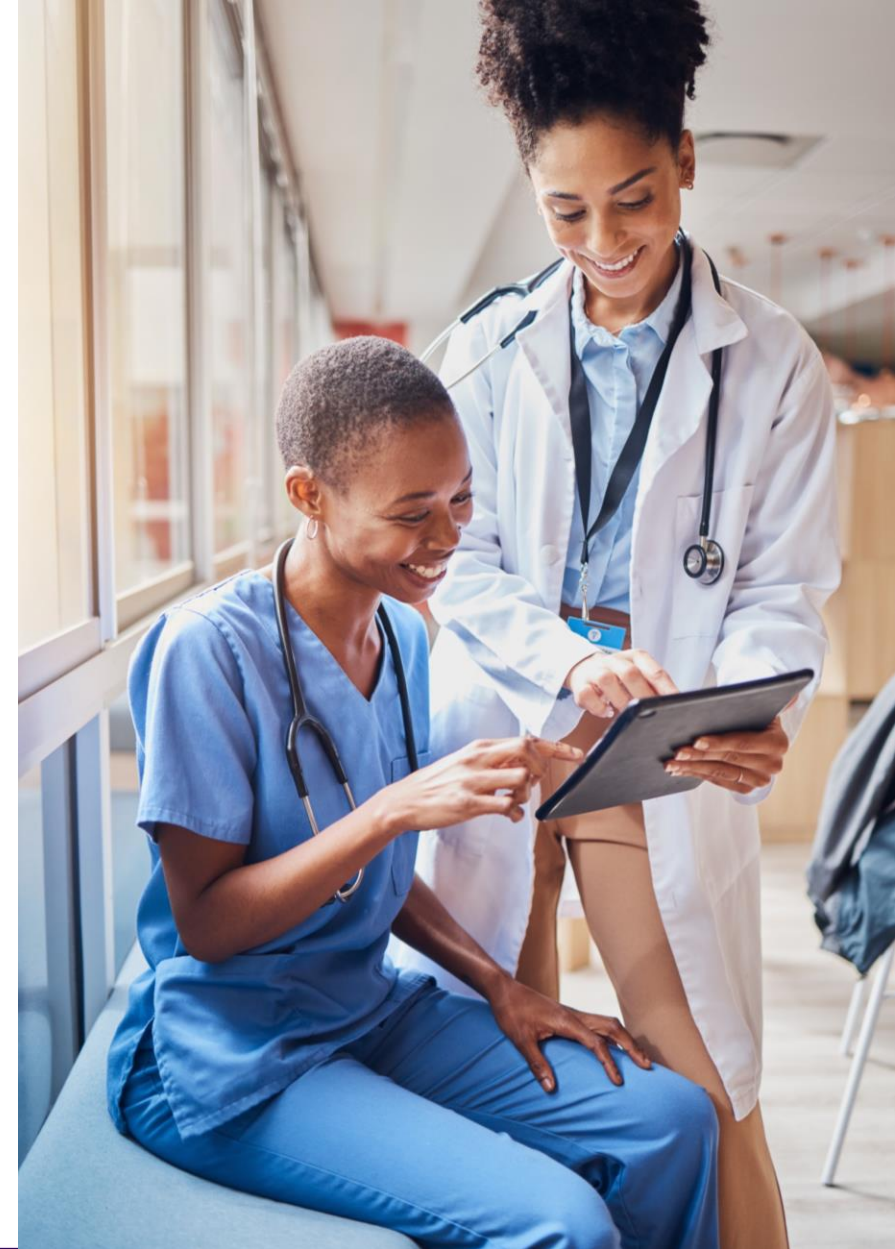




We help members improve their daily health habits and feel more connected and cared for within the organization.

We accomplish this through healthy competition, social connection, positive reinforcement, interactive education, and well-designed rewards systems — all powered by a comprehensive platform that's **evidenced-based, rooted in science and relatable, fun, and inspiring.**

Some of our core modules include...

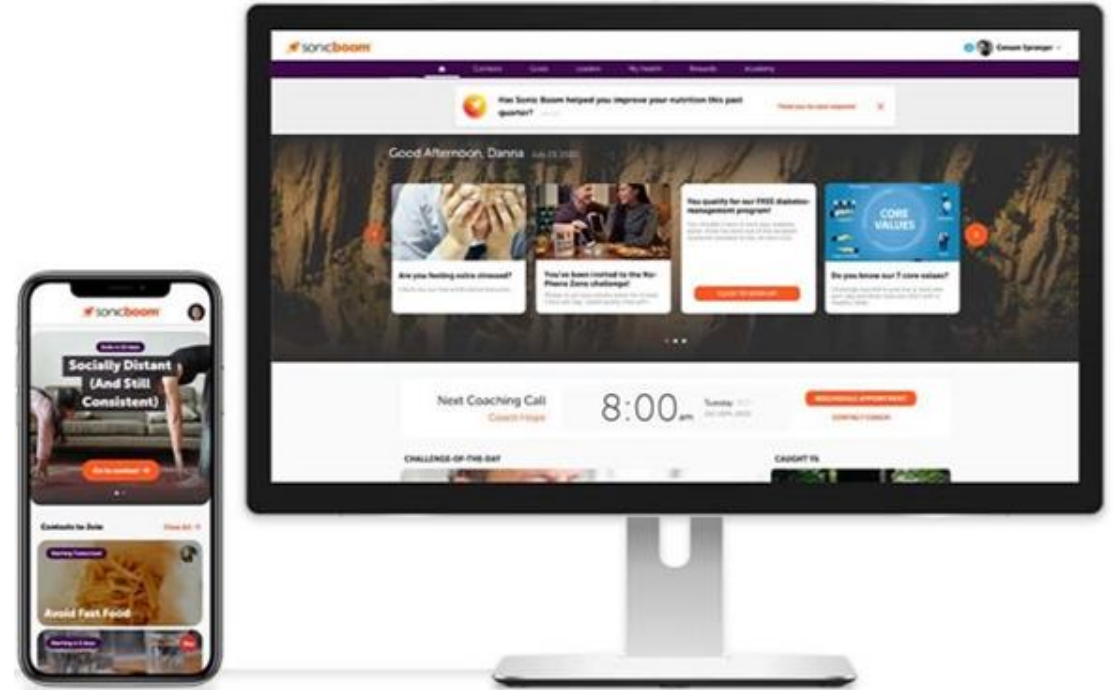


Health Risk Intervention

An innovative tool using pioneering technology to navigate various dimensions of **behavior change in the workplace.**

Provides deeper insights into employee health and wellbeing, built on behavioral science and data analytics.

Offers a more personalized strategy for lifestyle change and proactive prevention to **transform employees' health**

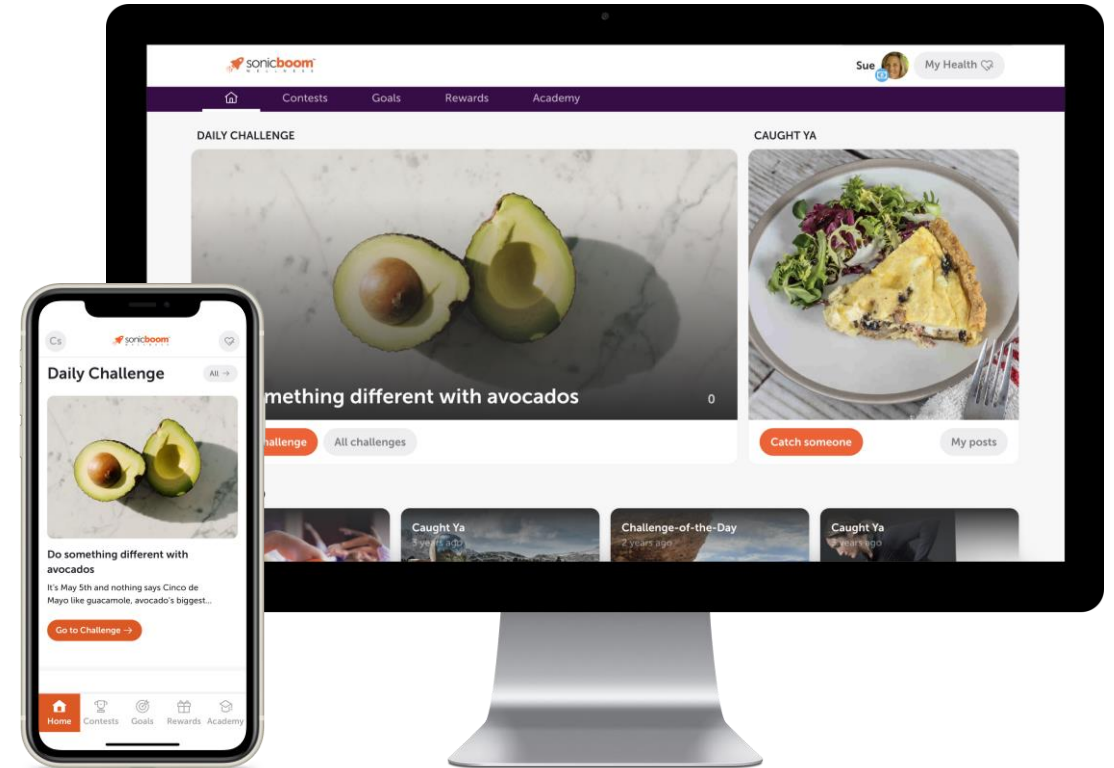


Daily Challenges

A fresh new challenge **every workday**.

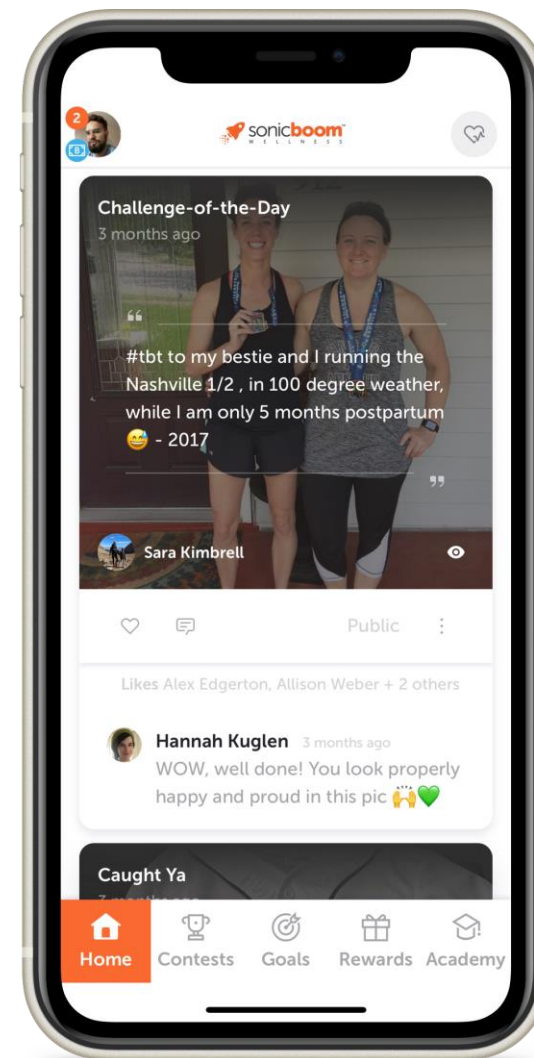
Challenges cover the full spectrum of wellbeing (exercise, nutrition, sleep, financial fitness, mental and emotional health, happiness, and more).

Each challenge combines an "a-ha!" educational moment with a relevant and specific call-to-action.



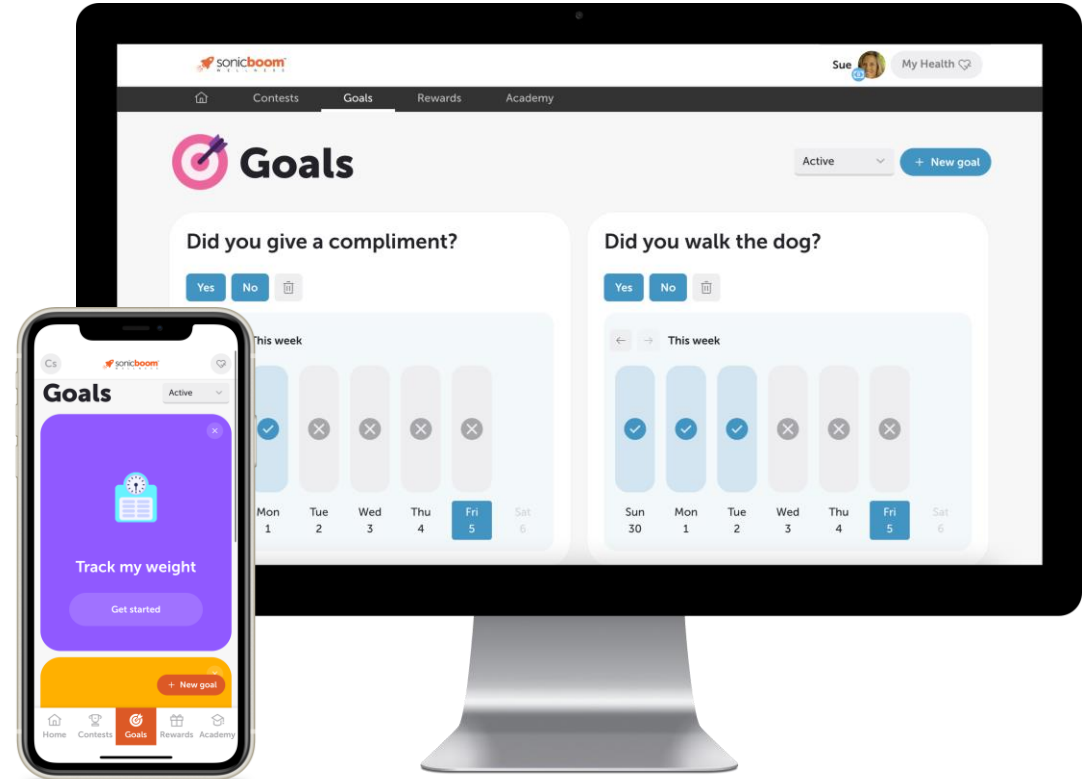
Caught Ya!

- Allows members to “catch” each other engaging in positive behaviors.
- **Promotes social connectivity** via photo-sharing (optional), likes, and comments.
- Boosts camaraderie among coworkers who proactively notice and praise each other.
- Self-catches are among our most popular posts!










Goals (Trackers)

- Allows members to track progress and improvement toward their wellbeing goals.
- Members can choose from our standard set, or easily create their own (allowing for **better personalization and relevance**)
- Activity trackers sync to the Sonic Boom app for ease and automation.



Compatible Devices & Apps

Apple Health App	Apple Watch	FitBit	FitBit Mobile	Garmin	Google Fit	Strava
						
<p>Data Tracking:</p> <ul style="list-style-type: none"> ✓ Steps ✗ Calories ✗ Time ✓ Distance <p>Available via:</p> <ul style="list-style-type: none"> ✓ ISO ✗ Android ✗ Windows 	<p>Data Tracking:</p> <ul style="list-style-type: none"> ✓ Steps ✓ Calories ✓ Time ✓ Distance <p>Available via:</p> <ul style="list-style-type: none"> ✓ ISO ✗ Android ✗ Windows 	<p>Data Tracking:</p> <ul style="list-style-type: none"> ✓ Steps ✓ Calories ✓ Time ✓ Distance <p>Available via:</p> <ul style="list-style-type: none"> ✓ ISO ✓ Android ✓ Windows 	<p>Data Tracking:</p> <ul style="list-style-type: none"> ✓ Steps ✓ Calories ✗ Time ✓ Distance <p>Available via:</p> <ul style="list-style-type: none"> ✓ ISO ✓ Android ✗ Windows 	<p>Data Tracking:</p> <ul style="list-style-type: none"> ✓ Steps ✓ Calories ✓ Time ✓ Distance <p>Available via:</p> <ul style="list-style-type: none"> ✓ ISO ✓ Android ✓ Windows 	<p>Data Tracking:</p> <ul style="list-style-type: none"> ✓ Steps ✓ Calories ✗ Time ✓ Distance <p>Available via:</p> <ul style="list-style-type: none"> ✗ ISO ✓ Android ✗ Windows 	<p>Data Tracking:</p> <ul style="list-style-type: none"> ✗ Steps ✗ Calories ✓ Time ✓ Distance <p>Available via:</p> <ul style="list-style-type: none"> ✓ ISO ✓ Android ✗ Windows

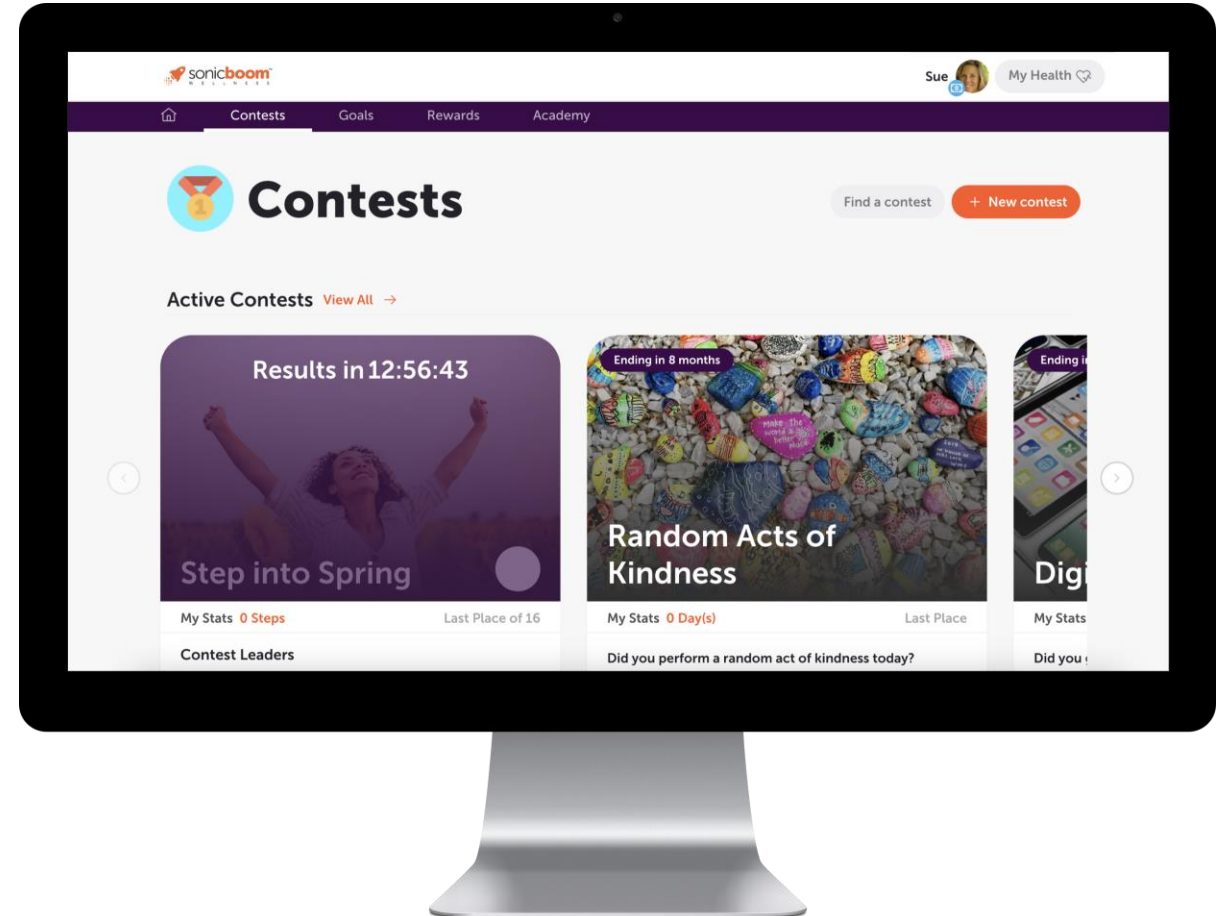


Device Guides and Support

For additional info or help connecting your device, scan the **QR Code** or enter **support.sbwel.com** to visit Sonic Boom's Support page. Find video tutorials under **Activity Trackers & Apps**. If you need further support, please contact **info@sbwell.com**.

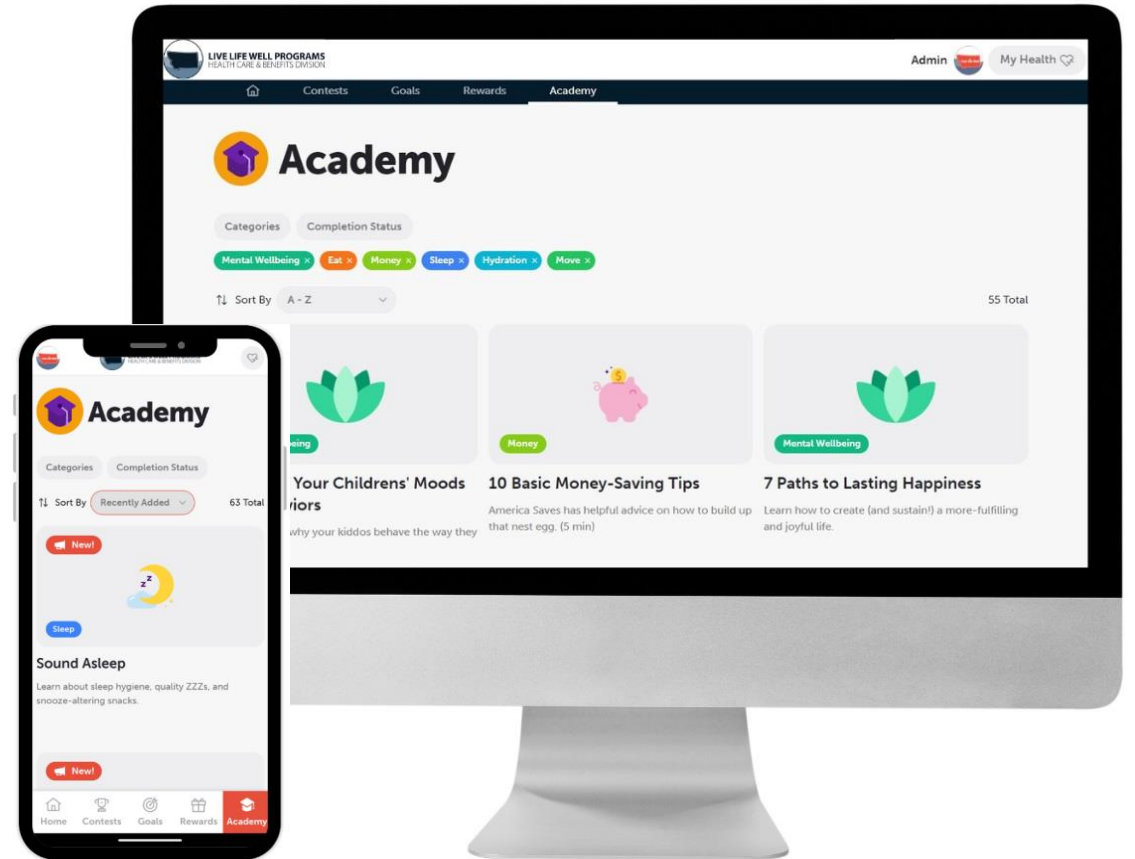
Contests

- Org-wide challenges leverage **stimulating gaming mechanics** to keep things interesting and fun
- Members can easily **create their own contests** based on the areas that matter most to them
- Competitive or cooperative
- Teams or individuals
- Spans all facets of wellbeing (most steps wins and **so** much more)



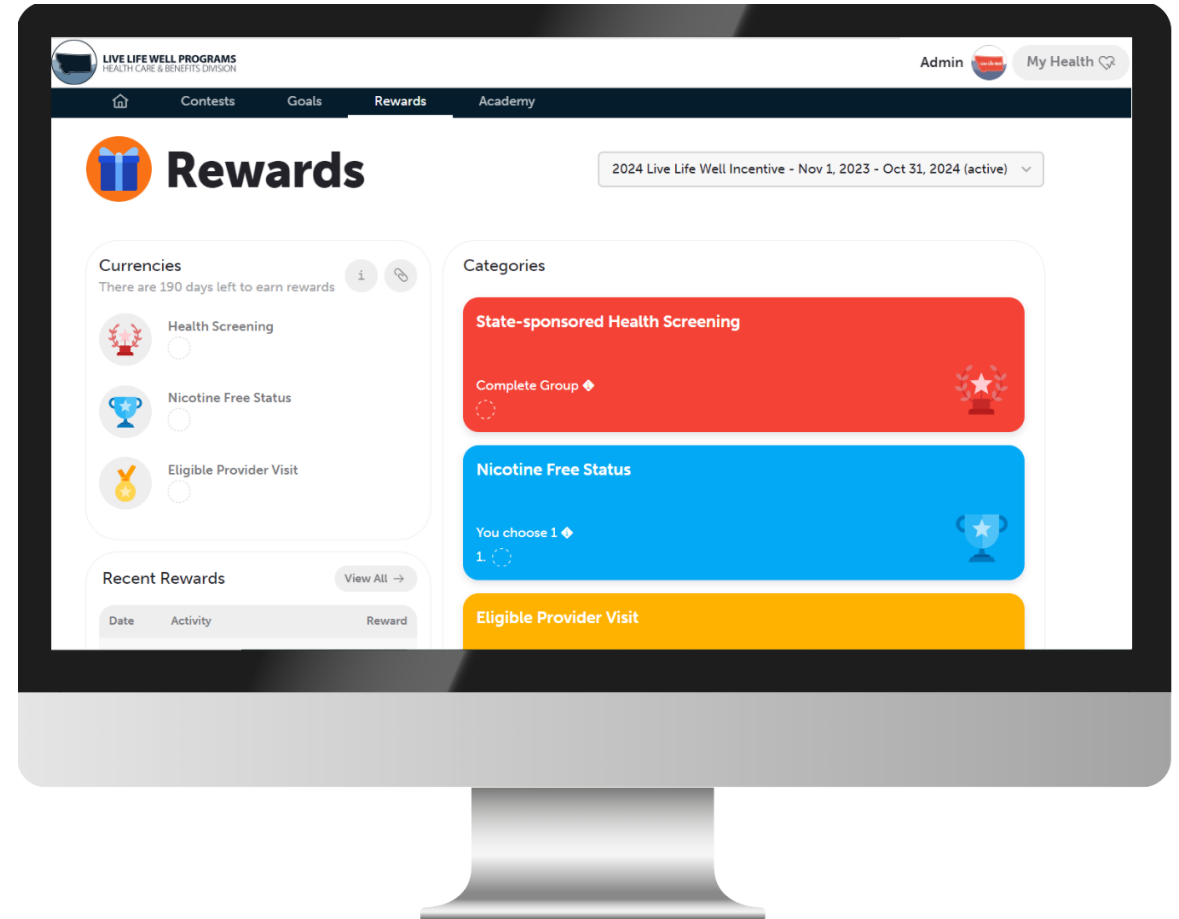
Academy

- Educational content library with self-paced courses, quizzes, and videos
- Courses focus on nutrition, exercise, financial health, stress-management, sleep, and more
- Members choose the content that matters most to **their personal wellbeing journey**



Rewards

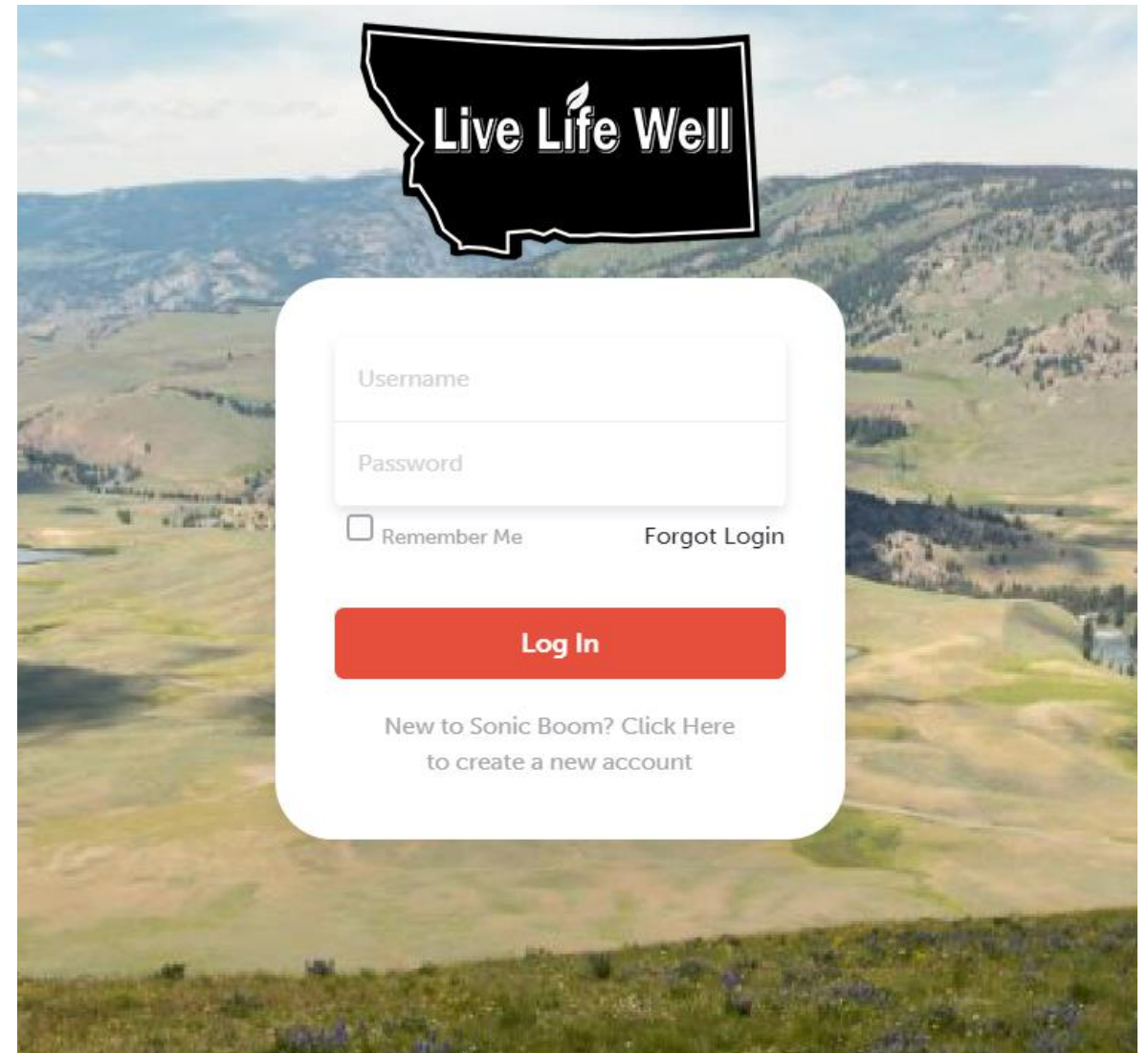
- Check status of your **Live Life Well (LLW) Incentive** here
- Earn **\$30 per month off your 2025 State Plan contribution!** Double your LLW Incentive if a covered spouse/domestic partner also participates
- **State-sponsored Health Screening** completion is automatically recorded
- Self-report **Nicotine Free Status & Eligible Provider Visit** here



Register Today!

som.app.sbwell.com

- Employee ID & DOB
- Sonic Boom Member Support:
(877) 766-4208
- State Care & Benefits Division:
(800) 287-8266 or
benefitsquestions@mt.gov



Thank you for watching!

"Our goal is to die young at a
ripe old age"

Sonic Boom Member Support Team:

- Mon-Fri, 8am-5pm Pacific Time
- 877-766-4208 or info@sbwell.com

