

Wellness Program

Rolling Strong



Driving Good Health

The Rolling Strong Wellness Program for Koch Drivers and Staff. Join for free and get started on your path to good health!

Email coachme@rollingstrong.com or call 850-972-0126



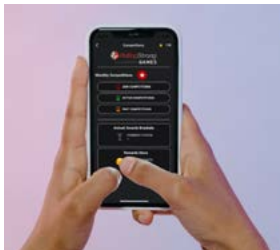
AWARD BRACKETS

The Award Brackets are designed to help people create healthy lifestyle habits that last while gaining points that can be used to purchase rewards from the reward store.



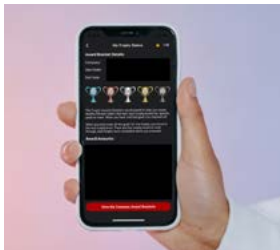
Get Started

Log into the Rolling Strong App and locate the **Competitions Tile**. This is where you will find not only the **Awards Bracket** tile but also the **Reward Store** title as well.



Discover Bracket Details

The **Annual Awards Bracket** title allows you to review your company-specific bracket details more closely. Each trophy level has specific healthy lifestyle goals to meet, is progressive, and can be completed at your pace.



Complete Trophy Goals

When you meet the goals, they are checked off for you and you automatically move on to the next trophy level. There are four trophy levels to help you master healthy lifestyles behaviors and improve health outcomes while earning points to cash in for **rewards**.

Ready Re-Cert Bonus

Koch includes the **Ready Re-Cert trophy level** as a bonus for their drivers. This level is completed separately from the other levels and provides a **\$200 Amazon gift card** while also helping you complete the other trophy level goals at the same time AND preparing for your DOT physical.



Being healthy isn't about the weight you lose, it's about the life you gain!



Download the app in the Apple App Store or the Google Play Store

