

Cascade Personal Wellness

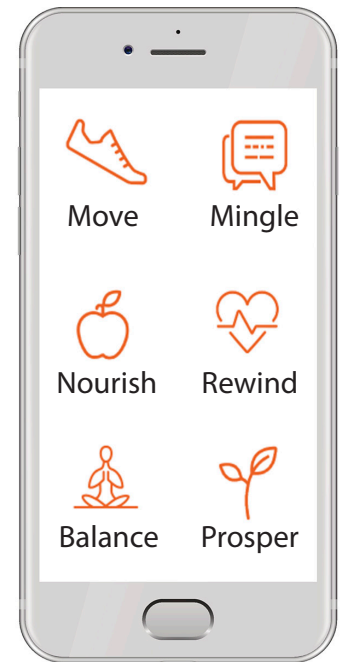
Powered by **hubbub health**

what's all the hubbub?

hubbub turns healthy behavior change into a game, with challenges that inspire you to make healthy a habit!

STEP UP YOUR GAME WITH HUBBUB HEALTH!

It's all about progress, not perfection. Because there's more than one way to lose a pound, an inch or a nasty habit.



ready to get going?

1. Visit hubbubhealth.com or search "hubbub health" in the App Store
2. Click 'Sign Up' in the top right hand corner
3. Create your log-in and enter your company code: **COMPANYCODE**
4. Complete the hubbub360 and find the right challenges for you!

why players love hubbub:

"The challenges are like a to-do check-list to me. Squats check, lunges check, eat healthy check, sleep check. Helps to keep me on track."

"Joining hubbub helped because I am competitive. Comparing myself to others motivates me to exercise more."



CASCADE CENTERS
INCORPORATED

For More Information:

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