

Cascade Personal Wellness

Integrated EAP Wellness Services

Through our partnership with **Hubbub**, Cascade offers a comprehensive program that seamlessly uses technology, activity trackers, and game mechanics to turn things we all should be doing—like drinking more water or taking the stairs—into motivating challenges that help people achieve healthier lifestyles. Features include:



Mobile App

Support employees on their wellness journey 24/7 with updates, goals, and incentives—directly to their smartphones.



Fresh Expert Content

Engage employees with new monthly challenges, contests, incentives and programs to tackle weight loss, fitness and more.



Friend and Family Access

Keep employees engaged and accountable by offering hubbub access to their friends and families.



Hubbub360™

Jumpstart the wellness experience with a health quiz (HRA) that matches employees to relevant, immediately actionable challenges.



Device Integration

Let employees easily check in or track progress by syncing their data with activity trackers.



Integrated Coaching

Make the wellness experience more personal with coached challenges, a monthly health series and educational webinars.



Aggregate Reporting

Gain valuable insights by viewing employee activity.



Launch Support

Get strategic consultation to determine your organization's wellness goals and learn best practices for a successful launch.

Powered by:

hubbub

play well. together.®