

September 6, 2017

Dear Iowa State employees:

Iowa State is continuously working to enhance and cultivate the ISU experience where faculty, staff, students, and visitors are safe and feel welcomed, supported, included, and valued by the university and each other. In order to advance this priority, we recognize the importance of equipping you with tools and resources to support your own well-being.

As part of Iowa State's commitment to you, we are launching Adventure2, a holistic employee wellness program designed to support you in *living your best life* every day! This annual program, coordinated by ISU WellBeing, offers exciting opportunities to participate in throughout the year that support your personal health and well-being, connect you with colleagues across the university, and contribute to a thriving university culture of well-being.

We are excited to kick off the school year with this new program and encourage you to...

[GET STARTED TODAY!](#)

Discover fun challenges, compete for your personal best or with ISU colleagues, and earn points on your way toward better well-being.

How it works:

1. Register on the ISU WellBeing website.
2. Complete your Well-Being Assessment to earn 400 points right away.
3. Join challenges and earn additional points to reach new levels.
4. Qualify for great rewards like Level Up Email Signature Badges, ISU Cyclone Gear, and celebrations with ISU leaders.

Ready to get started? Click the "GET STARTED TODAY!" link above or visit the ISU WellBeing website at wellbeing.iastate.edu, click the Adventure2 button, and begin the journey!

Best wishes for a year of better well-being!

Sincerely,
Benjamin J. Allen

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Interim President