



E8 Challenge



The Essential 8 Challenge (E8 Challenge) leads you through a process of assessing your health through 8 key measures and understanding how these health factors interact to impact our health and risk for major chronic illnesses.

Get to know thyself through assessment of health factors and behaviors:



Sleep



Exercise



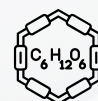
Blood Pressure



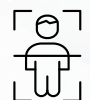
Diet



Tobacco



Glucose



Body Composition



Lipids

Join WellPath's E8 Challenge: 9 weeks of health assessment, education, & resources to improve your health and reduce your risk for developing chronic illnesses.

Challenge BEGINS July 21, 2025.



REGISTER NOW

