

ADVENTURE2

WHAT IS ADVENTURE2?

Adventure2 is Iowa State's employee well-being and engagement program delivered through ISU WellBeing.

This annual program provides opportunities throughout the year to support employees' health and well-being, connect them with colleagues across campus, and contribute to a thriving university culture.

32%

less turnover in employees registered in Adventure2 vs. non-registered

HOW TO JOIN

Iowa State employees can register for Adventure2 with their @iastate.edu email address and netID using the [direct link](#) or through the LimeadeONE app on your smartphone.

PROGRAM HIGHLIGHTS



Activities

Users are able to join and track activities applicable to their own health and well-being goals.



Points, Levels, and Prizes

Points are awarded each time a user completes an activity. As points accumulate, users achieve new levels and earn prizes.



Well-being Assessment

Not sure what activities to join? This assessment provides baseline well-being results and areas for improvement.



Team Challenges

Not all activities are completed individually. Team challenges are available to promote connection and comradery.



My Updates Feed

Stay connected to campus through social posts from ISU WellBeing and your colleagues.

