



The path to greater wellbeing starts here

Welcome to the Wellness Your Way program!

We're so happy you're here. Visit the platform to learn more about the program. We can't wait to share all the holistic tools you can use to enhance your wellbeing in all the parts of life that make you feel healthy, happy, and whole.

Earn rewards

Be well and earn rewards along the way! Use the tracking table on the platform's home page to earn and to submit your progress. Check out the program overview for more information on rewards.

Learn and grow

Enjoy resources like videos, articles, and other tools to support you in each area of wellbeing including financial, physical, mental, and emotional health.

Enjoy yourself!

Who said taking care of yourself had to be a chore? Join the fun with personal and group challenges, create your own "snap challenges," and share your successes on the platform.

You also have the option to sync apps and devices, discover nutritious recipes, monitor your hydration, track your sleep, and more. No matter what your wellbeing goals are, you'll have the tools and resources to help you be well.



6.7 hrs
Sleep average

Wellbeing course
35% Complete

3.6 k Steps
22 mins Activity

Yesterday's community service was a success!

21 Likes 9 Comments

Get started

Access the program through Okta, or the application section on Mission Central.

Eligibility

The program is open to all employees.

All qualifying activities must be completed between December 1, 2023 - November 30, 2024.

Questions

info@navigatewell.com
(888) 282-0822



After creating your account, don't forget to download the Navigate Wellbeing app for a convenient and easy way to track your activities. The app is available as a free download in the Apple App Store and Google Play App Store! Scan the QR code to download.