

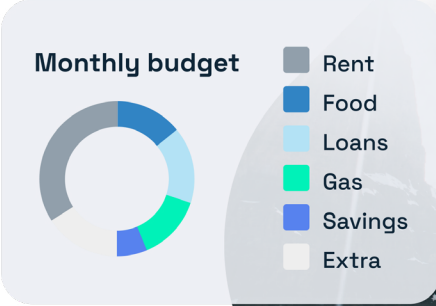


22 mins  
Activity

16:39  
Duration

2.41 Miles    108 KCal

Recipe database



Reminders and notifications



30 day course  
Nutrition & mental health

# Wellness Your Way Program Guide

Hello and welcome to the Wellness Your Way program!

We're thrilled to have you join us on this journey towards holistic wellbeing. Whether you're looking to boost your physical activity, gain a better understanding of your financial health, enhance your nutritional habits, or nurture your emotional and mental wellbeing—we've got you covered.

Log in to learn more about the tools and resources available in your program.



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.

**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.

**Earn rewards**

You could earn up to \$700 for participating! Learn how to qualify on the next page, or visit the Wellness Your Way portal for additional details.

**Fitness reimbursement**

Receive up to a \$300 reimbursement on a qualifying fitness membership or subscription. Visit the Wellness Your Way portal for additional details.

## 24/7 resources

Achieve personal and program goals with the help of holistic tools and resources found on your wellbeing platform.

- Download the Navigate Wellbeing app.
- Complete video learning courses.
- Participate in group and personal wellbeing challenges.
- Create your own “snap challenges” and invite others to join.
- Spark friendly competition by adding stakes to group challenges.
- Stay connected and recognize teammates on the social wall.
- Browse recipes, videos, and articles.
- Sync a device or manually track your step count, activity minutes, sleep hours, nutrition information, and more!

\*Note: Rewards via payroll and HSA are paid on a monthly basis following the month in which the incentive is earned. You must be an active employee at the time of payout to receive the reward. All incentives will be taxed according to IRS rules.

The Wellness Your Way program is a voluntary wellness program. For additional details regarding Protections from Disclosure of Medical Information, review the EEOC in the Wellness Your Way portal.

# How to participate

## Complete program activities to earn rewards

Earn up to \$700 by completing activities to earn points. For every 100 points earned, you will receive \$100 toward the reward of your choosing; cash via payroll, HSA contribution, or one of the many options in the rewards mall\*.

### Your program activities

Visit the tracking table on your platform dashboard for more details about completion requirements, to submit a completed activity, and to review your progress in the program.

Activity name	Points	Maximum completion
<b>Total Health Standards</b>		
Total Health Survey	100	1
<b>Personalized Activities</b>		
Personal Challenge Recommendation	50	1
Video Course Recommendation	50	1
Resource Recommendation	50	1
Partner Recommendation	50	1
Tobacco Affidavit / Cessation Activity	50	1
<b>Preventive Care Activities</b>		
Biometric Screening	100	1
Annual Physical	50	1
Preventive Exam	25	4
Dental Exam	25	2
Vision Exam	25	1
Vaccinations	25	2
<b>Healthy Outcomes</b>		
BMI/Waist Circumference: Male: $\leq 27.5$ / $< 40$ Female: $\leq 27.5$ / $< 35$	25	1
Blood Pressure: $\leq 130/85$ mmHg	25	1
Fasting Glucose: $< 100$ mg/dL	25	1
Total Cholesterol: $< 200$	25	1
<b>Partner Activities</b>		
FindHelp.org	25	1
NavigateYou	50	1
Your Money Line	50	1
<b>Additional Activities</b>		
Group Challenges	50	4
Volunteer/Community Service	20	5
Fitness Event	50	2
Physical Activity Tracking	20	10
Blood Donation	20	5
Read a Book	20	5
Download Navigate Mobile App	15	1
Sync a Fitness Device or App	15	1



# Group Challenges

## What are group challenges?

Group challenges are a great way to stay connected with your organization, engage in healthy activities, and earn points towards your wellness reward.

Group challenge participants will have access to a downloadable challenge guide with tips and advice on how to complete your challenge. In addition, you'll receive weekly emails to keep you on task and remind you to record in the portal.



### Find Your Fit

February 26 - March 24, 2024

[Register](#)

February 19 - March 10, 2024

What does fitness mean to you? During this four-week challenge, you will discover exactly that as we get active and enjoy a little motivation along the way.

#### How to complete:

Use the challenge to-do list on the platform dashboard to input your weight once per week.

**Participate as:** Fly solo

**Last day to record:** March 31, 2024



### Navigating Nutrition

April 22 - June 2, 2024

[Register](#)

April 8 - 21, 2024

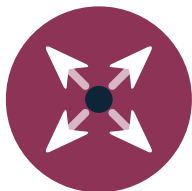
Say goodbye to restrictive diets and embrace a sustainable, mindful approach to nourishing yourself from the inside out. During this six-week challenge, you'll develop a deeper understanding of nutrition, learn to honor your body's signals, and cultivate a more balanced and fulfilling relationship with food.

#### How to complete:

Complete your daily tasks, then visit the wellbeing platform and check "I Did This" on your challenge to-do list.

**Participate as:** Team or fly solo

**Last day to record:** June 9, 2024



### Stretch and Stride

July 29 - August 25, 2024

[Register](#)

July 15 - August 4, 2024

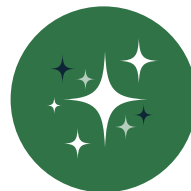
Stretch and stride towards more mobility! During this four-week challenge, you'll track your daily activity minutes and practice helpful stretching routines along the way. Join today to embark on a wellbeing journey that will leave you feeling more energized and ready to embrace a life of greater mobility.

#### How to complete:

Track your daily activity minutes with the to-do list on your wellbeing platform.

**Participate as:** Team or fly solo

**Last day to record:** September 1, 2024



### Discover Your Spark

September 30 - October 27, 2024

[Register](#)

September 16 - October 6, 2024

Cultivate a life of gratitude and ignite your passions with this four-week challenge! Through regular practices centered around gratitude and passion exploration, you'll unlock the key to a more fulfilling and purpose-driven life. Join this extraordinary adventure and create a life you truly love.

#### How to complete:

Complete daily tasks, then visit the wellbeing platform and check "I Did This" on your challenge to-do list.

**Participate as:** Team or fly solo

**Team size:** 2-5

**Last day to record:** November 3, 2024