



Live Life Wellness

Program Guide

▶ **Join now: www.livelifewellnessportal.com**

New users, follow the steps below. **Returning users**, enter your username and password.

1

Go to your Live Life Wellness website and select **JOIN NOW**.

2

Enable multi-factor authentication (MFA). Instructions are available on the portal after you log in.

3

Download the Navigate Wellbeing app for a convenient way to track your activities.



Eligibility: The program is open to all employees and spouses.

All qualifying activities must be completed by November 30, 2025.

Earn rewards: You could earn up to \$300 for participating! Learn how to qualify inside.

▶ **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.



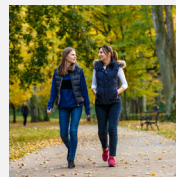
New Year's Rest-olutions
January 20 – March 2

Registration:
January 6 – January 26



Mindset Makeover
March 31 – April 27

Registration:
March 17 – April 6



Falling into Rhythm
August 18 – September 14

Registration:
August 4 – August 24



Walk Your Plants Off
October 13 – November 9

Registration:
September 29 – October 19

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!

Questions? Contact:

info@navigatewell.com
(888) 282-0822

How to participate:

Complete program activities to earn rewards

The Live Life Wellness Program will run January 1 - November 30, 2025. Complete any of the activities below to earn points and enter the chance to earn raffles throughout the year.

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
Health Screenings		
Annual Physical Screening	10	1
Preventive Screenings	10	2
Vaccinations	10	2
Enroll in Aetna Maternity Program	25	1
Vision Exam	10	1
Wellbeing Survey	20	1
Blood Drive	5	2
Dental Check-up	10	1
Biometric Screening	40	1
Wellness Challenges		
New Year's Resolutions	15	1
Mindset Makeover	15	1
Falling into Rhythm	15	1
Walk Your Plants Off	15	1
Personal Challenges	5	5
Snap Challenge	5	4
Wellness Activities to Earn Points		
Create an EAP Account	5	1
Video Challenges	5	5
Photo Gallery	5	5
Social Wall	5	5
Healthy Selfie	5	3
Aetna Assessment	25	1
403b and 457b Contribution	5	1
Retirement Contribution	5	1