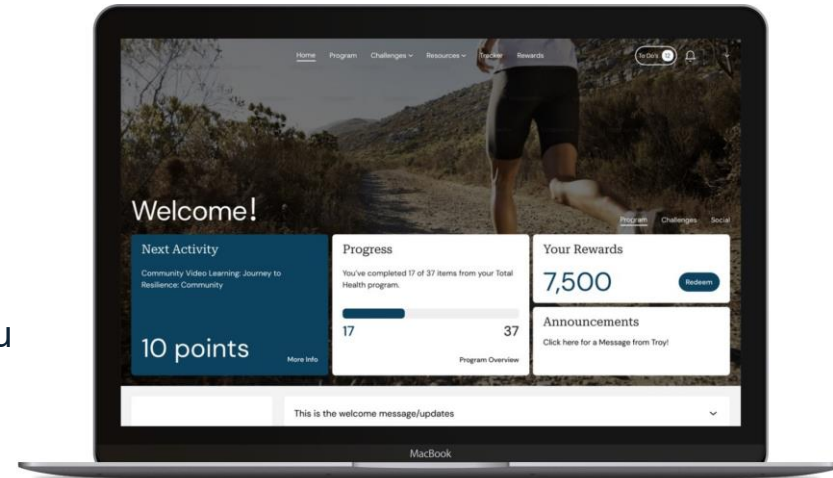


## 2025 Live Life Wellness Program

Welcome to your wellbeing platform, brought to you by Navigate Wellbeing Solutions. We can't wait to share all the holistic tools you can use to enhance your wellbeing in all parts of life.

Join now: [www.livelifewellnessportal.com](http://www.livelifewellnessportal.com)



### Get started!

1. Go to your Live Life Wellness website
2. Select **JOIN NOW** and follow the prompts. Enter your unique ID: Employee ID
3. Enable multi-factor authentication (MFA). Instructions are available on the portal after you log in.

#### Returning user

If you are a returning user, enter your username and password.



### Now what?

- Sync apps and devices
- Discover nutritious recipes
- Monitor your hydration
- Earn rewards
- Track your sleep

No matter what your wellbeing goals are, you'll have the tools and resources at your fingertips to help you do well and be well.



### Don't forget!

After creating your account, download the Navigate Wellbeing app for a convenient and easy way to track your activities.



#### Have questions?

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