



2022

# Check out the Live Life Wellness program

24/7 wellbeing tools and resources.

## Log in, live well, and earn rewards

Visit [www.livelifewellnessportal.com](http://www.livelifewellnessportal.com) to learn more about the Live Life Wellness program! The online platform is filled to the brim with tools and resources you can use to achieve your wellbeing goals—and that doesn't just mean exercise. (Although we've got you covered there, too.)



Earn

Use the incentive tracking table on the platform to participate in the program and earn rewards for improving your health. Review your program overview to learn more.



Learn

Watch videos and read articles covering a wide range of topics related to mental, emotional, physical, and financial wellbeing.



Engage

Join group challenges, create your own "snap challenges" and invite teammates to join, or post messages with the social wall. Who says healthy living can't be a good time?

Sync apps and devices, browse healthy recipes, complete personal challenges—no matter your wellbeing goals, the platform has resources for you.

### Create an account

1. Visit [www.livelifewellnessportal.com](http://www.livelifewellnessportal.com)
2. Select **JOIN NOW** and follow the on screen prompts.

### ALL FULL TIME EMPLOYEES AND COVERED SPOUSES ONLY

#### Questions?

Jessica Bolanos  
Aetna Wellness Coordinator  
915-434-0475  
[AetnaWellnessRep@yisd.net](mailto:AetnaWellnessRep@yisd.net)

Scan the QR code to be taken to your Live Life Wellness program!



**Questions? Contact:**  
[info@navigatewell.com](mailto:info@navigatewell.com)  
(888) 282-0822