



2022

# Live Life Wellness program guide

Rewards, challenges, recipes, and more

## Welcome to your Live Life Wellness program!

This guide contains instructions for joining the program, completing requirements and earning rewards.

Welcome to Live Life Wellness! We're glad you're here. This program—and the online platform at [www.livelifewellnessportal.com](http://www.livelifewellnessportal.com)—are here to help you focus on your mental, physical, and emotional health. There are resources to help you achieve your goals, no matter what they are.

Log in today and take the next step toward a healthier, happier future!

### Join your program:

Get started or log back in at [www.livelifewellnessportal.com](http://www.livelifewellnessportal.com)

### Earn rewards:

You could earn raffle entries for participating! Learn how to qualify inside.

### Eligibility:

The program is open to employees and spouses on the medical plan.

All qualifying activities must be completed by November 30, 2022

### Tools & resources:

- Complete video learning courses
- Join group and personal challenges
- Recipes, articles, and health tracking
- Sync apps and devices (or download the Navigate Wellbeing app)
- Connect on the social wall, photo gallery, or message center

# 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.

ALL FULL TIME EMPLOYEES AND COVERED SPOUSES ONLY

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



Questions? Contact:  
info@navigatewell.com  
(888) 282-0822



### Find Your Stride

January 17 – February 27  
Register: January 3 - 23

Making the move from couch potato to consistent exercise isn't impossible—it's just a matter of finding your stride! This 6-week challenge eases you into better health with tips for squeezing in extra exercise and a daily step count goal that will increase each week of the challenge.

#### How to complete:

Track your step count to achieve a weekly goal. The daily goal will increase each week of the challenge.

**Participate as:** Team and/or Fly Solo

**Team size:** 2 to 10

**Last day to record:** March 2

**Point value:** 20



### Rest is Best

April 4 – May 15  
Registration opens March 21

Whether you sleep like a log or toss and turn all night, we can all agree that proper rest feels pretty darn great. This 6-week sleep challenge provides science-backed sleep advice, tips for napping without ruining your night's rest, and other habits lead to sweet, sweet snoozing.

#### How to complete:

Track your daily hours of sleep on the portal.



### Sips Ahoy

July 11 – August 7  
Registration opens June 27

Climb aboard the good ship Hydration and sip your way to better health! During this 4-week challenge, you'll track your daily water intake as you discover the benefits of drinking more water.

#### How to complete:

Track your daily water intake in ounces on the wellbeing platform.



### Simple Season

October 3 - 30  
Registration opens September 19

Stuffed schedules and year-round responsibilities make it hard to enjoy the simple pleasures in life. This 4-week challenge will help you structure your day and find time for exercise, friends and family, and yourself. To participate, you'll track your activity minutes and complete an additional weekly task that updates each week.

#### How to complete:

- Track your daily activity minutes
- Complete an additional daily task (updated each week), then check "I Did This" on your challenge to-do list