



The path to greater wellbeing starts here

This program supports your health, safety, and wellbeing by providing practical tools and timely guidance that complement your existing benefits. It's designed to help you manage your wellbeing efficiently, so you can bring your best self to work and life.



1 new message

Open email >

Live on Purpose Challenge

Today's activity:
What brings you joy?


16:39
Duration
2.41 **108**
Miles KCal



30 day course
Nutrition & mental health

Get Started

Step 1:

Go to www.livelifewellnessportal.com

Step 2:

Click **JOIN NOW** and verify your identity using your SSN and DOB.

Step 3:

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

Now what?

Here's what you can expect:

- 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.

Program Dates:

January 1, 2026 – December 31, 2026

Don't forget!

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



Have questions?

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