

2022-2023

Rasmussen Group's Work Well program guide

Rewards, challenges, recipes, and more



Welcome to Rasmussen Group's Work Well program!

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

Welcome to the Rasmussen Group's Work Well program! We're glad you're here. This program—and the online platform at rasmussenworkwell.com—are here to help you focus on your mental, physical, and emotional health. There are resources to help you achieve your wellness 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 rasmussenworkwell.com

Earn rewards:

You could earn up to 40,000 rewards mall points for participating! Learn how to qualify inside.

Eligibility:

The program is open to employees and spouses.

All qualifying activities must be completed by September 30, 2023.

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



Don't forget to download the Navigate Wellbeing app for a convenient and easy way to track your activities. The app is available as a free download in the Apple App Store and Google Play App Store! Scan the QR code to download.

How to participate

Complete program activities to earn rewards

Complete activities to earn up to 40,000 in rewards mall points.
1 point earned = 1 point in rewards mall.

Your program activities

Visit the activities table on your platform dashboard for more detail about completion requirements and to track your progress in the program.

Activity name	Points	Maximum completion
Total Health Standards		
Total Health Survey	2500	1
Complete Company Health Screening	2500	1
Annual Physical	5000	1
Tobacco Affidavit	2500	1
Access your Metrics Here	0	1
Personalized Wellness Elements		
Age/Gender Screening	5000	1
Your Course Recommendation	2500	1
Your Personal Challenge	2500	1
Your Resource Recommendation	2500	1
Your Partner Recommendation	2500	1
Tobacco Cessation Activity	2500	1
Health Metrics		
Blood Pressure	0	1
Waist Circumference	0	1
Total Cholesterol	0	1
HDL	0	1
LDL	0	1
Triglycerides	0	1
Additional Wellness Elements		
Goal Getter	2500	1
Dental Exam	2500	1
Eye Exam	2500	1
Flu Shot	2500	1
Health Coaching	5000	1
Gym Junkie	500	10
Kitchen Creations	2500	1
Intro to Estate Planning	2500	1
Money Matters	2500	1
De-Mystifying Nutrition Labels	2500	1
Under Pressure	1000	5
H2Whoa Challenge	5000	1
Healthy U Challenge	5000	1
INDUSTRIAL ATHLETE COMPETITION - RASMUSSEN VS MANATT'S	5000	1
Give It A Rest Challenge	5000	1

Create an account

1. Visit rasmussenworkwell.com
2. Select **JOIN NOW** and follow the onscreen prompts.

Your unique ID is your social security number (no dashes).



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24/7 resources

Rewards are great, but so is looking after your personal wellbeing. Use the platform to achieve your personal goals and your program goals with tools focused on your physical, mental, and emotional health.

- Download the Navigate Wellbeing app.
- Complete Video Learning courses.
- Participate in group and personal wellbeing challenges.
- Create your own Snap Challenge to fit your goals.
- Spark friendly competition with Challenges Stakes with your peers.
- 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!

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.

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



H2 Whoa

October 24 - November 20, 2022

Register

October 10 - 30, 2022

Fewer headaches, more energy, better concentration, and more—whoa, water has all these benefits? Register for this four-week challenge to learn about the benefits of proper hydration and for tips and tricks to help you get there.

How to complete:

Log in to the platform and use the challenge to-do list to track your daily water intake in ounces.

Participate as: Team or fly solo

Team size: 10

Last day to record: November 27, 2022



Healthy U

January 16 - February 12, 2023

Register

January 2 - 22, 2023

Healthy weight management isn't about numbers on a scale, it's about finding the best fit for you. Where do you feel your healthiest and happiest?

How to complete:

Use the challenge to-do list on the portal dashboard to input your weight once per week.

Last day to record: February 19, 2023



Thrive with 5

April 17 - May 28, 2023

Register

April 3 - 23, 2023

It's time to Thrive with 5! During this next six-week step count challenge, 5,000 is the magic number. Participation couldn't be easier—all you have to do is track 5,000 daily steps each week of the challenge to boost your physical health, your mood, and your energy level. You'll even learn best practices for moving more, feeling better, and setting up healthy daily routines along the way.

GO RASMUSSEN GROUP!

How to complete:

- Track your daily step count with the to-do list on your wellbeing platform.
- If you have a device or app synced to the platform, it will automatically record your steps.

Team statuses will be updated weekly on your Navigate portal homepage.

Last day to record: June 11, 2023



Give It a Rest

July 17 - August 13, 2023

Register

July 3 - 23, 2023

When schedules get busy, proper rest is the first thing to go—but it's actually a major foundation of health and wellbeing. During this four-week challenge, you'll learn best practices for scheduling sleep, limiting late-night screens, and more. Choose to snooze and join today!

How to complete:

Use the challenge to-do list on the portal dashboard to track your daily hours of sleep, including naps.

Last day to record: August 20, 2023



The Navigate Wellbeing app is available as a free download in the Apple App Store and Google Play App Store!

The convenient and easy-to-use app is a perfect complement to your wellbeing portal that allows users to:

- Easily track health-activity behavior: step count, activity minutes, nutrition, hydration, and sleep hours.
- Complete your group challenge tasks by tracking behavior.
- Send encouragement to one another in the Message Center.
- Seamlessly link the wellbeing portal for access to full resources: program overviews, recipes, videos, and anything else someone might need while on the go.

The app syncs with the portal, so up-to-date information is always available from either a mobile device or laptop. It is free to download and to use, so make sure you take advantage of this great resource!

How to Download



1. Open the Apple App Store
2. Search for Navigate Wellbeing
3. Select GET
4. After the app downloads, tap it to open and follow the onscreen prompts to login



1. Open the Google Play App Store
2. Search for Navigate Wellbeing
3. Select INSTALL
4. After the app downloads, tap it to open and follow the onscreen prompts to login

To contact the Rasmussen Group's Wellness Supervisor:

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