

2023-2024

Your Work Well Activities

Program Guide



Welcome to the Your Work Well Activities program!

No matter what your wellbeing-related goals are, we have tools and resources to help. Want to move more? Understand your finances? Improve your nutrition? Visit rasmussenworkwell.com for challenges, articles, videos, and more resources to help you enhance or maintain your mental, physical, and emotional health.

Log in today and start your journey to a holistically healthy you.

Join your program:

Get started or log back in at rasmussenworkwell.com

Earn rewards:

You could earn \$400 in the rewards mall 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, 2024.

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.

Create an account

1. Visit rasmussenworkwell.com
2. Select JOIN NOW and follow the onscreen prompts.
Your unique ID is your SSN - no dashes.

Returning user

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

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 challenges” and invite others to join.
- 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!

How to participate

Complete program activities to earn rewards

A personalized, holistic approach to wellbeing, risk management, and a culture of care that will make teams and businesses healthier – now and in the future.

Navigate’s Total Health Survey gathers data on lifestyle, medical and family history, biometrics, and personal goals. Users receive a personalized plan that includes video learning courses, health coaching, group challenges, and personal challenges, while also embedding the benefits at your company.

Your program activities

Visit the tracking table on your platform dashboard for more details about completion requirements, to submit a completed activity, and to review 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
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
What Makes Cents Group Challenge	5000	1
Habit Stacking Group Challenge	5000	1
Industrial Athlete Competition - Walk It Out	5000	1
Food For Thought Group Challenge	5000	1

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.

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.



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

Group Challenges



What Makes Cents

October 30 - November 26, 2023

Register

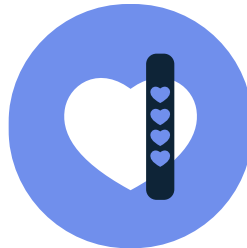
October 16 - November 5, 2023

It's time to organize your financial life. Whether you're currently on target, falling behind, or saving ahead, you'll find value in this four-week challenge from the experts at Your Money Line®. Learn new ways to feel free from financial worry!

How to complete:

Complete two tasks each week, then visit the wellbeing platform and check "I Did This" on your challenge to-do list.

Last day to record: December 3, 2023



Habit Stacking

January 15 - February 11, 2024

Register

January 1 - 21, 2024

Sometimes healthy habits are derailed by another area of your health altogether—maybe you eat fast food because you slept poorly and were too tired to cook, or you skip a workout because you lack energy. That's why this four-week challenge focuses on four areas of your health. By resting right, staying hydrated, and exercising regularly, you'll see how good habits build on one another and help you maintain whatever a healthy weight means to you.

How to complete:

Visit the to-do list on your wellbeing platform to track your progress in each of the four categories:

- Track your daily activity minutes.
- Track your daily hours of sleep.
- Track your daily water intake.
- Input your weight once per week.

Last day to record: February 18, 2024



Walk It Out

April 15 - May 26, 2024

Register

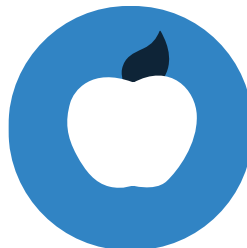
April 1 - 21, 2024

It's time to walk it out. Each week, you'll receive a new step goal as you walk, run, or jog towards 7,000 total steps per day. You will also receive weekly newsletters with tips to help you stay motivated and reach your goals.

How to complete:

Track your daily step count with the to-do list on your wellbeing platform. You will receive a new total step count goal each week.

Last day to record: June 2, 2024



Food for Thought

July 15 - August 25, 2024

Register

July 1 - 21, 2024

Here's a head-scratcher—why can it sometimes seem too hard, too expensive, or too plain boring to eat nutritious foods? The good news is that it actually can be easy—and this six-week challenge can help! You'll learn new ways to stay healthy, feel full, and eat deliciously.

How to complete:

Complete your daily tasks, then visit the wellbeing platform and check "I Did This" on your challenge to-do list.

Last day to record: September 1, 2024

2023-2024

Health and wellbeing at your fingertips

Log in or register for holistic tools and resources.

Visit rasmussenworkwell.com to learn more about the Your Work Well Activities program! Log in for everything you need to know about the program, and for holistic tools and resources organized under the 8 Pillars of Wellbeing: balance, community, financial, mindfulness, nutrition, physical, purpose, and social.

Earn rewards

You can earn rewards for your participation! Use the tracking table on the platform's home page to learn how to earn and to submit your progress. You can also learn more in the program overview.

Learn and grow

Videos, articles, and other tools support a wide range of topics related to financial, physical, mental, and emotional wellbeing.

Have fun!

Healthy living doesn't have to be a chore. Join personal and group challenges, create your own group "snap challenges," and share your successes on the social wall and photo gallery.

You can also sync apps and devices, find delicious healthy recipes, track your nutrition, hydration, sleep, and much more. Wherever you are on your wellbeing journey, you'll find resources to help you get to your destination.

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Simply enter your username and password.

Questions

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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.

Contact:

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