

2021-2022

Rasmussen Group's Work Well Program Guide

Rewards, challenges, recipes, and more



Join your program:

Get started at rasmussenworkwell.com



Earn rewards:

Earn up to 40,000 (\$400) rewards mail points. More details inside.



Eligibility:

Employees and spouses



Important dates:

All qualifying activities must be completed by September 30, 2022.

Program: October 1, 2021 - September 30, 2022



Tools & resources:

Go beyond the program requirements and focus on your physical, mental, and emotional health all year long. Don't forget to download the Navigate Wellbeing app for a convenient and easy way to track your activities.



RASMUSSEN
WORK WELL

Welcome to your 2021-2022 Rasmussen Group's Work Well program!

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

Why participate in the Work Well program?

Caring for your mental, emotional, and physical health is about more than numbers. It's about personal growth. Your portal is jam-packed with resources that help you continue your wellbeing journey, no matter where you are on the path. The portal is a place to connect with others—as you learn and grow, you'll also get to know your teammates, support each other's successes, and find plenty of opportunity for fun, friendly competition. Log in today and take the next step toward a healthier, happier future!

How to Participate

Complete program activities to earn rewards

Earn up to 40,000 in rewards mall points. That's \$400!

1 point earned = 1 point in rewards mall.

Your Program Activities

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

Activity name	Points	Maximum completion
Step 1: Wellbeing Survey		
Wellbeing Survey	2500	1
Step 2: Get Screened		
Biometric Screening	5000	1
Annual Physical	5000	1
Imported Health Data	N/A	N/A
Step 3: Additional Activities		
Dental Exam	2500	1
Vision Exam	2500	1
Preventative Exam	5000	1
Flu Shot	2500	1
Be Tobacco Free	5000	1
Health Coaching	5000	1
Hard Work's Worth It	2500	1
Personal Challenges	2500	5
Mental Health Video Course	5000	2
Wellbeing Video Course	5000	2
Take 10	5000	1
Renew You	5000	1
Balanced Bites	5000	1
Simple Season	5000	1

Create an account

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

Returning user

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

Your resources

Better health is the gift that keeps on giving. Go beyond the program requirements and use your wellness portal all year long to focus on your physical, mental, and emotional health.

- Download the Navigate Wellbeing app.
- Complete Video Learning courses.
- Participate in group and personal wellbeing challenges.
- 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.



Take 10

October 18 - November 28, 2021

Moving toward an active, healthy lifestyle can seem difficult, but you don't have to make the change all at once. This challenge helps you increase your daily activity minutes by taking advantage of every break and lull in the day. You'll see how 10 minutes here and there—and there, and there, and there, all day long—will add up to big health benefits!

How to complete:

Track your daily activity minutes.



Balanced Bites

May 2 - June 12, 2022

Eating healthy on a day-to-day basis requires a bit of planning and a lot of willpower, but Balanced Bites is here to help. This six-week nutrition challenge helps you understand general dietary guidelines and gives plenty of tips for following them.

How to complete:

- Complete daily tasks that are updated each week.
- After you complete your daily task, check "I Did This" on your challenge to-do list.



Renew You

January 17 - February 13, 2022

These days there's a lot of talk about self-care, work/life balance, and a need to focus on the "important" things in life. But how do you turn that talk into action? During this four-week challenge, weekly tasks will help you refresh your perspective and revive your positivity. Join and enjoy the benefits of a renewed you!

How to complete:

Complete a task related to that week's topic. When you're done with a weekly task, visit the portal and check "I Did This" on your challenge to-do list.



Simple Season

August 1 - 28, 2022

Stuffed schedules and year-round responsibilities make it hard to enjoy the simple pleasures in life. This four-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.

Questions? Contact:

info@navigatewell.com
(888) 282-0822



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



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