RASMUSSEN
WORK WELL



# Welcome to Your Work Well Activities

## Join Your Program

**Ready to get started?**
Sign up today to take your first steps toward better wellbeing.

## Key Dates

**Program year:**
Jan. 1, 2027 - Dec. 31, 2027

**Deadline:**
Complete your activities by **Dec. 31, 2027.**

## Your Rewards

Earn up to $400 in the Rewards Mall by completing program activities. Credits roll over and are uploaded monthly.

## Get Started

**Step 1:**

**Go to** rasmussenworkwell.com

**Step 2:**

Click **JOIN NOW** and enter your Unique ID: your Social Security number (enter your full SSN with no dashes)

**Step 3:**

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

## Download App

Download the Navigate Wellbeing app to conveniently track your activities.

**Registration Code:**
**rasmussenworkwell**

## Your Program: Purpose & Benefits

The Your Work Well Activities program takes 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 biometrics, family history, and personal goals. You receive a personalized plan that includes video learning courses, group challenges, and personal challenges, while also embedding the benefits at your company. This program is designed to support the unique needs of a manufacturing workforce, where physical health, safety, and preventive care are essential to your success both on and off the job.

## How to Participate

### Eligibility

All Rasmussen Group employees and their spouses are eligible to participate in Your Work Well Activities.

### How to complete your program

Earn up to 40,000 points by completing activities throughout the year. Points are awarded for required activities, preventive care, educational courses, lifestyle activities, and group challenges. Track your progress on your personalized dashboard.

### Required activities

1. Total Health Survey (2,500 points)
2. Annual Physical (10,000 points)

### Want more ways to earn?

An Age/Gender Screening (7,500 points), a team challenge like Smart Cents or Walk of Fame (5,000 points each), or learning about your EAP benefits (2,500 points) can all move you closer to your goal—and that's just the start. Log in to your portal to see the full list of activities, point values, and fresh opportunities added throughout the year.

# Your Program Checklist

### Getting started

- ☐ Log in to your portal
- ☐ Complete your survey
- ☐ Download the mobile app
- ☐ Sync your fitness tracker or app

### Explore features

- ☐ Watch video courses
- ☐ Join a personal challenge
- ☐ Track your progress on the dashboard or app
- ☐ Check out resources like articles and recipes
- ☐ Learn how to earn your wellness incentives

# Make the Most of Your Wellbeing Journey Today!

### Here's what you can expect:

- Access tools and resources anytime, anywhere.
- Get personalized challenges and courses for your goals.
- Track your progress with simple tools.
- Discover expert tips, recipes, and guides.
- Achieve your goals.

Visit your wellbeing platform now and start living healthier, happier, and more balanced today!

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

# Group Challenges

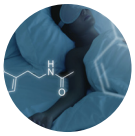
All challenges offer both team and individual participation options with leaderboards to track your progress.



**Smart Cents:** Challenge Dates: Feb. 8 - March 7, 2027
Registration Dates: January 25 - February 14, 2027



**Walk of Fame:** Challenge Dates: May 17 - June 13, 2027
Registration Dates: May 3 - May 23, 2027



**In Your Dreams:** Challenge Dates: Sept. 13 - Oct. 10, 2027
Registration Dates: August 30 - September 19, 2027



**Recipes**:
Discover new meals to make with the Recipes resource. Categorize by diet, cuisine type or ingredient preference!



**Workouts**:
Access dynamic workouts that challenge and motivate you to reach your fitness goals!

## More Ways to Earn

Earn up to 40,000 points by completing activities throughout the year! Points are awarded for required activities, preventive care, educational courses, lifestyle activities, and group challenges. Track your progress on your personalized dashboard.

## Need Support?

If you have questions about Your Work Well Activities, we're here to help.

Rewards for participating in our wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this program, you may qualify for an opportunity to earn the same reward by different means. Please contact HR at hr@rasmussengroup.com to discuss reasonable alternatives. We will work with you (and, if you wish, your doctor) to find a wellness program that is right for you in light of your health status.

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