

Optimized



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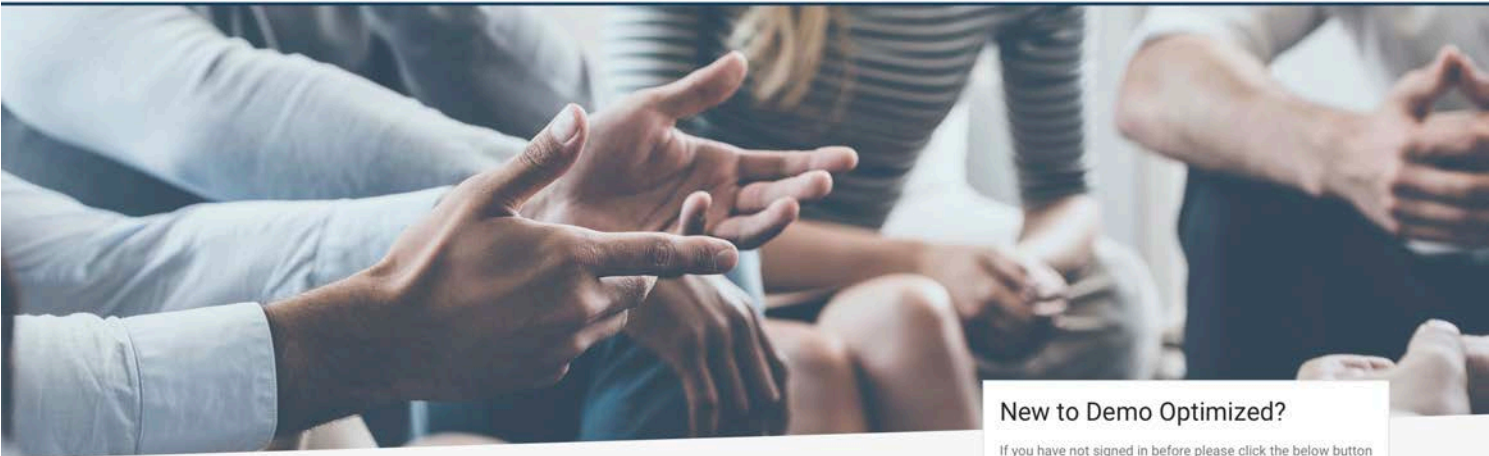
I. How to register

Visit your wellbeing program’s online platform, select **JOIN NOW**, and follow the onscreen prompts.

Navigate

OverviewWellbeing OpportunitiesPillars of WellbeingContact

JOIN NOWSIGN IN ▾LANGUAGE



Welcome to the Portal

We believe your experience should be amazing, whether you're managing the program or participating in

New to Demo Optimized?

If you have not signed in before please click the below button to activate your account.

JOIN NOW



II. Your dashboard

Incentive tracking table

Use your incentive tracking table to review program requirements and activities, track items you’ve completed, download and upload forms, complete your Wellbeing Survey, monitor your up-to-date progress in the program, and more.

Incentive Tracker with sections

Previous Results ▾

Name	Status	Points	
Covid-19 Vaccine			
 Covid-19 Vaccine	Not Complete	0	Complete This
 Covid-19 Testing	Not Complete	0 / 0	Complete This
Required Items			
These items are required in order to receive wellness credits.			
 Annual Physical	Not Complete	15	Complete This

Featured challenge

Your dashboard displays your featured challenge, if there is one. This is typically your upcoming group challenge. Simply select **VIEW DETAILS** to learn more or **JOIN CHALLENGE** to join!



426 day CHALLENGE

Elevate Challenge DEMO

Enroll Today!

Learn to rise above your exercise obstacles during this six-week activity challenge! Each week, you'll receive a new activity minute goal, as well as tips and tricks for maintaining your motivation, making personal goals, and becoming a long-term workout wonder.

Read more

Featured ★

VIEW DETAILS

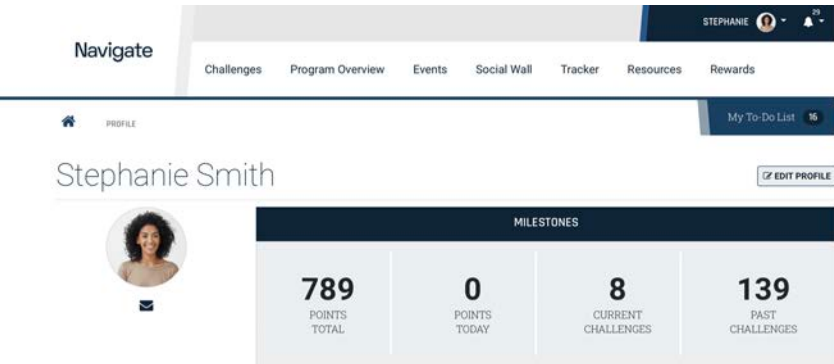
JOIN CHALLENGE



Your profile

To review or update your platform profile, hover over the icon in the upper right corner or by and use the dropdown. From the dropdown, you can access:

Public profile

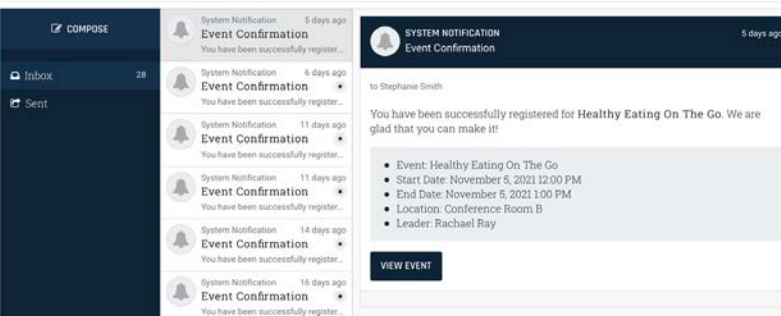


This page lists any current challenges you are in, past challenges you have completed and high-level personal statistics.

- To enter or edit your photo, bio, location, phone number or personal links, select **EDIT PROFILE**.

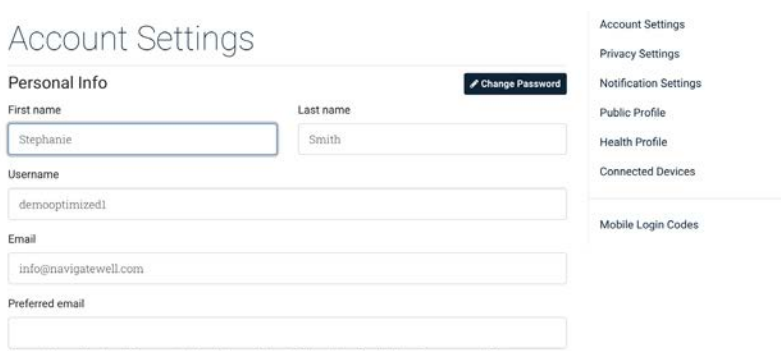
Message center

Message Center



Use this to read or compose messages to other participants on the portal, or to review messages you have been sent. Select **Compose** to get started and use the **To** drop down to search for your recipient.

Account settings



Enter or update your name, username, email, preferred email, and shipping address. You can also update your password.



Privacy settings

Privacy Settings

☒ Profile viewable

☒ Profile image viewable

☒ Email viewable

☒ Display name on leaderboards

☒ Display name in activity feed

☒ Allow kudos and tags on social wall*

Account Settings

Privacy Settings

Notification Settings

Public Profile

Health Profile

Connected Devices

Mobile Login Codes

Use the check boxes to select your privacy settings, then select **Update Privacy Profile** to save your choices.

Notification settings

Notification Settings

Global Settings

Excludes mandatory system communications.

UPDATE NOTIFICATION SETTINGS

Email

☒

Push

☒

Account Settings

Privacy Settings

Notification Settings

Public Profile

Health Profile

Connected Devices

Mobile Login Codes

Do you prefer emails, push notifications to your phone, both, or neither?

Health profile

Health Profile

Basic Information

Birthdate

Month

Day

Year

Gender

Unspecified

What is your primary goal?

Select One

Height (inches)

Current Weight (pounds)

Diet Preferences

Cooking level

☐ Easy/Beginner

☐ Intermediate

Diets

Account Settings

Privacy Settings

Notification Settings

Public Profile

Health Profile

Connected Devices

Mobile Login Codes

To update your health profile, select **Account Settings** from your profile dropdown, then **Health Profile** on the right side of the screen. Health profile information is private and not available to other participants.

Connected devices

Devices

Sync your favorite devices or apps to your profile! You can sync more than one device or app.

1. Find your wearable device or app from the list below.

2. Click on the "Connect" button.

3. Follow the instructions on the following page to connect the device.

Please allow 24-48 hours after you first sync your device for the data to load into the system.

ACTIVELIFE

CONNECT

BOLT HEALTH

CONNECT

FITBIT

CONNECT

Account Settings

Privacy Settings

Notification Settings

Public Profile

Health Profile

Connected Devices

Mobile Login Codes

To view this page, select **Account Settings** from your profile dropdown, then **Connected Devices** on the right side of the screen. This page displays all manually tracked and synced data you've entered in the portal. From here, you can sync a new app/device or manage an existing connection.



Other resources

TOTAL BRAIN


[Learn more](#)



BURN ALONG


[LEARN MORE](#)



NAVIGATE WELLBEING APP

Download the
Navigate Wellbeing
Solutions App

Holistic
Wellbeing
Resources
Are a Few
Taps Away



Additional resources, documents, and links may be made available as a sidebar or along the bottom of your dashboard. Make sure you investigate all the resources at your fingertips!



III. Online tools and holistic resources

Personal challenges

Begin any personal challenge you like at any time and continue your wellbeing journey! To review the library of available options, hover over the **Challenges** tab, select **Find a Challenge**, and then head to the **Personal Challenges** tab.

Search for a Challenge

Search By Name

SEARCH

RESET

ENROLLED (147)

PERSONAL CHALLENGES (36)

VIDEO COURSES (40)

SNAP CHALLENGES (72)



BALANCE



COMMUNITY



FINANCIAL



MINDFULNESS



NUTRITION



PHYSICAL



PURPOSE



SOCIAL



OTHER



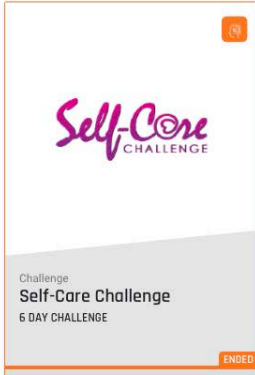
Challenge
TV Commercial Workout
Challenge
1 DAY CHALLENGE



Challenge
The Non-Diet Diet Challenge
21 DAY CHALLENGE
ENDED



Challenge
Simple Acts of Kindness
Challenge
28 DAY CHALLENGE



Challenge
Self-Care Challenge
6 DAY CHALLENGE
ENDED



Group challenges

Any upcoming or currently ongoing group challenge should be found on your dashboard. However, you can also find more information by hovering over the **Challenges** tab, selecting **Find a Challenge**, and then browsing to the

Search for a Challenge

Search By Name

SEARCH

RESET

ENROLLED (46)

GROUP CHALLENGES (15)

PERSONAL CHALLENGES (36)

VIDEO COURSES (43)

SNAP CHALLENGES (16)

Current Challenges

Featured ★



Challenge

Elevate Challenge DEMO

426 DAY CHALLENGE

DAY 165

Details >

Record



Challenge

Mission: Nutrition DEMO

433 DAY CHALLENGE

DAY 162

Details >

Record



Challenge

Healthy U DEMO

433 DAY CHALLENGE

DAY 162

Details >

Record



Course

Diversity & Inclusion

365 DAY COURSE

DAY 161

Details >

Record

How to join



Featured ★

426 day CHALLENGE

Elevate Challenge DEMO

Enroll Today!

Learn to rise above your exercise obstacles during this six-week activity challenge! Each week, you'll receive a new activity minute goal, as well as tips and tricks for maintaining your motivation, making personal goals, and becoming a long-term workout wonder.

Read more

VIEW DETAILS

JOIN CHALLENGE

FIND MORE CHALLENGES

VIEW PAST CHALLENGES

Select **JOIN CHALLENGE** on your portal dashboard, and complete the required fields.

- You will automatically join the challenge as an individual.
- You can always join or create a team later by visiting the **Find a Team** page.



How to join a team

On the **Find a Team** page, you'll see a list of all teams participating in the challenge. Search for the team you wish to join by team name, captain, or team member. You can select View to see who is on each team or send a message to the team captain.

When you find your team, select **JOIN TEAM**. If you have not already been invited to join the team, the team captain will be notified about your request.

- You can find any invites you have received under Invitations on the right side of the **Find a Team** page or in the notifications on your portal dashboard.
- You cannot be on more than one team. If you attempt to join multiple teams, you will be added to a team based on the first invitation or request that is accepted.

Creating teams

Assemble your team

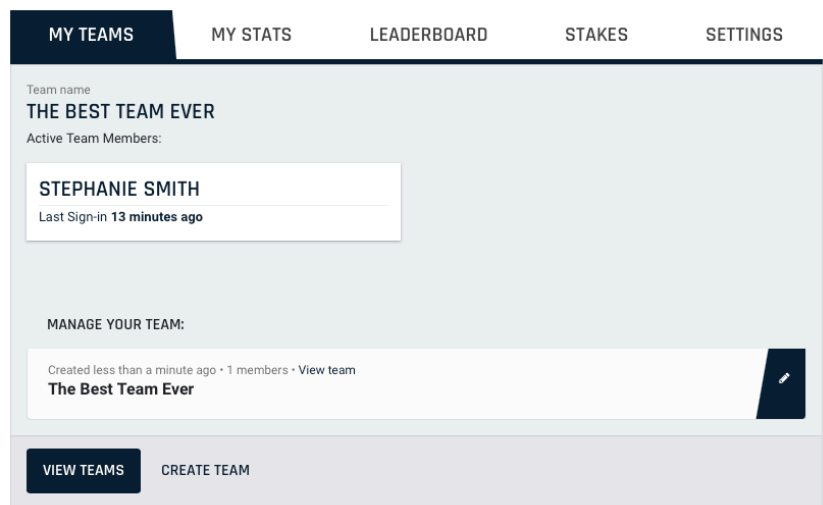
2022 Elevate Challenge DEMO

MEMBER	STATUS	PAYMENT
AARON RODGERS (AARON_OPTIMIZED) aaron@football.com Wisconsin	UPDATE TO SAVE	

Only team captains may set up new teams.

- Select **CREATE A NEW TEAM** and enter your team's name.
- Select **Add Members** to invite teammates.
 - » Search by first name, last name, or email address, then select **Add** when you've found the member you're searching for.
 - » The number of members you may have on your team can vary depending on the challenge.

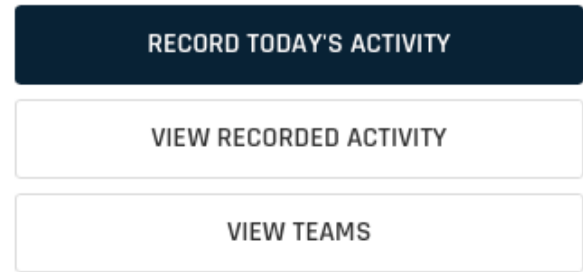
Managing a team



Team captains are notified whenever someone requests to join their team. Select the View button to see your current team members. The team captain can change the team’s name, send messages and invitations, add more members, or record activity for other team members.

- Select the **Team Name** tab and select **Edit Team** to change your team’s name and/or add team members.
- To record activity for other members:
 - » Select **Record Activity** for the member you are assisting. You will be taken to their activity calendar.
 - » Next, select on the date you need to record for and enter your team member’s data.

Recording challenge activity



There are multiple ways to record challenge activity:

To-Do Bar: View your to-do bar on the portal dashboard.

- Select on the circle task icon to check **I Did This** or to enter information and complete your to-do.
- Once the to-do is complete, a checkmark will appear.

Selecting Record Activity: This takes you to the challenge calendar page.

- To enter that day’s activity, select **Record Today’s Activity** and then **Record** when you’re done.
- To enter activity for prior dates, select the appropriate day on the calendar. You can record retroactively, but not for future dates.
 - » A green circle on date means you successfully recorded for that day.
 - » A green circle with a check mark on the date means you have completed all requirements for the day.



Leaderboard

MY TEAMS MY STATS **LEADERBOARD** STAKES SETTINGS

Select a leaderboard:

Users by Points

STEPHANIE SMITH
location1
0.00 Total Points

2
rank

RACHEL GREEN
Des Moines
4.00 Total Points

1
rank

STEPHANIE SMITH
location1
0.00 Total Points

2
rank

JOANNA GAINES
Texas
0.00 Total Points

3
rank

Are you keeping pace with the competition? View your personal place or your team’s position the online challenge leaderboard by using the challenge calendar page or the **My Teams** page. You can sort by users within the team or by whatever is being tracked during the challenge.

Challenge stakes

MY TEAMS MY STATS LEADERBOARD **STAKES** SETTINGS

CREATE A STAKE

Stakes are intended to be a tool to enhance intrinsic motivation and promote the socio-competitive potential of wellbeing activities. In no way is this tool intended or allowed for the use of gambling.

Who are you challenging?

Begin typing to find a user... | v

Only users who are enrolled in this challenge will appear in search results.

What's being compared?

-- Select --

What's at stake?

Free lunch for the winner, bragging rights, etc.

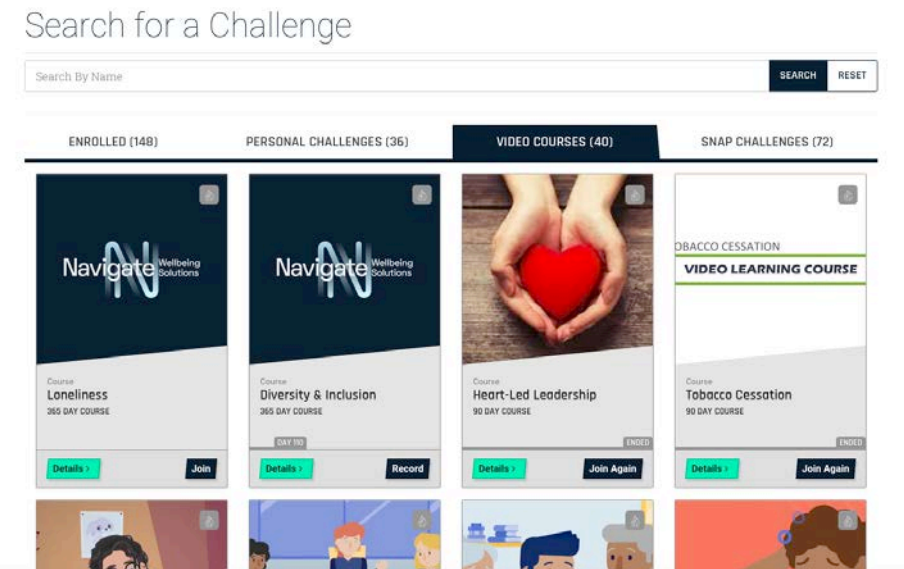
Want to challenge a teammate to a friendly competition within a group challenge? Challenge stakes allow you to directly compete with another member of a group challenge, provided you have both registered.

The best part is, adding stakes couldn’t be easier. Simply head to the challenge details page from the platform dashboard, then select the **CREATE STAKE** button at the bottom of the page! Onscreen prompts will lead you through everything you need to submit, and then the competition is on!



Video Learning Courses

Complete video learning courses to educate yourself about your wellbeing and address your personal health risks! To review the library of available options, hover over the **Challenges** tab, select **Find a Challenge**, and then head to the **Video Courses** tab.

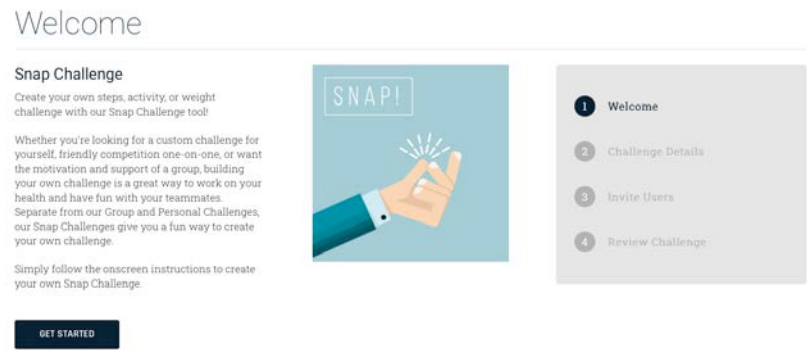


Create a challenge

You can use the platform to create your own challenge and invite others to join! Challenges can be based on step count, activity minutes, or weight.

From the dashboard, hover over the **Challenges** tab and select **Create a Challenge** to visit the Snap Challenge tool. Then, select **GET STARTED** and onscreen prompts will walk you through everything you need to submit:

- Type of challenge (steps, activity, or weight).
- Challenge name and description.
- Start and end dates.
- Uploading an image (optional).



The onscreen prompts will also walk you through inviting users, reviewing the challenge details, and submitting. When you're done, invited participants receive an email and the challenge will run itself!

- Everyone who joins your challenge will have tasks added to their to-do list.
- Everyone who joins can also track their progress against the friendly competition with an online leaderboard, just like in any steps- or activity-based group challenge.

Invite Users

Invite others to participate in this challenge with you. Simply search by their name or email address in the field below:

Invite User

Begin typing to find a user...

Name	Remove User
Rachel Green	
Aaron Rodgers	

2 Users Invited

PREVIOUS STEP

NEXT STEP

1 Welcome

2 Challenge Details

3 Invite Users

4 Review Challenge

Social Wall

Simply select the **Social Wall** tab from the platform dashboard to have some fun with your teammates!

- You can create posts, tag teammates, add images and insert emojis. Posts can be edited or deleted at any time.
- There are two kinds of posts: standard posts and **kudos**, which can be sent for especially strong efforts and include a special icon.
- You can own groups to easily message business units, challenge teams, or simply a few fun friends at the office.
- If you wish to remove yourself from the social wall, you may do so from your personal settings.

Social Wall

Filtering

Search Social Wall

RESET

SEARCH

Categories

ALL POSTS

MY POSTS

KUDOS

Groups

ALL USERS

LUNCH WORKOUT GROUP

RUNNING CLUB

SUPER SECRET FUN TIME

CREATE

RETURN TO TOP

CREATE A POST

Aaron Rodgers

4 months ago

Kudos to Rachel Green

Great Job!

1 LIKE

0 COMMENTS

What would you like to say?

Aaron Rodgers

4 months ago

Congrats to Rachel!

Tagged: Rachel Green

1 LIKE

0 COMMENTS

What would you like to say?



Tracker

Use the health tracker to manually track your step count, activity minutes, nutrition, hydration, sleep hours, and weight.

Tracker

The tracker can be used to track many different aspects of your overall wellbeing. Click the tabs below to track each category and choose the day using the calendar.

373
Total calories consumed

56
Total fitness minutes

0
Average weight

0
Total sleep time

5398
Total steps taken

0
Total ounces of water

SELECT A DATE

MONDAY, SEPTEMBER 27, 2021

NUTRITION

WEIGHT

SLEEP

STEPS

WATER

ITEM	MEAL	CALORIES	FAT	CARBS	PROTEIN	FIBER	SODIUM	SUGAR	SOURCE
Oatmeal	Breakfast	101.36	1.93g	19.47g	3.34g	2.8g	61.6mg	0.42g	TRACKER
Stir Fry	Lunch	210.0	0.0g	34.0g	1.0g	1.0g	260.0mg	30.0g	TRACKER
Stringers, String Cheese	Snack	62.1	4.5g	0.4g	5.1g	0.0g	130.0mg	0.5g	TRACKER
Meatloaf	Dinner	0.0	0.0g	0.0g	0.0g	0.0g	0.0mg	0.0g	TRACKER

Item

Serving size

Servings

Meal

-- Select --

-- Select --

ADD

Recording for today

Resources tab

Use the **Resources** dropdown to access a whole host of wellbeing goodness:

Resource Hub



Program Overview



Fitness Reimbursement Form



Off Site Screening Form



Financial Resources



Wellness Benefit Claim Instructions



Quit Smoking Now



Recipes

Recipes

Type

Recipes

Search

Title, Excerpt, or Content

Q SEARCH

Select Difficulty

Ingredients

Select Total Time



Eggplant Panini



Key Lime Pie Smoothie



Smoked Chicken Strata

Browse hundreds of healthy recipes or search for exactly what you're craving!

Workouts

Workouts

Type

Workouts

Search

Title, Excerpt, or Content

Q SEARCH

Select Difficulty

Select Category

Select Equipment

Select Duration



BODYPUMP 113 Arms (15min)



BODYPUMP 110 (30min)



BODYCOMBAT 82 (30min)







Kickstart your exercise routine with these yoga, exercise, and meditation videos.

Articles

Articles

Type

Articles

Search

Title, Excerpt, or Content

Q SEARCH



9 Things Not To Do When You Feel Overwhelmed



Navigate Community Charity

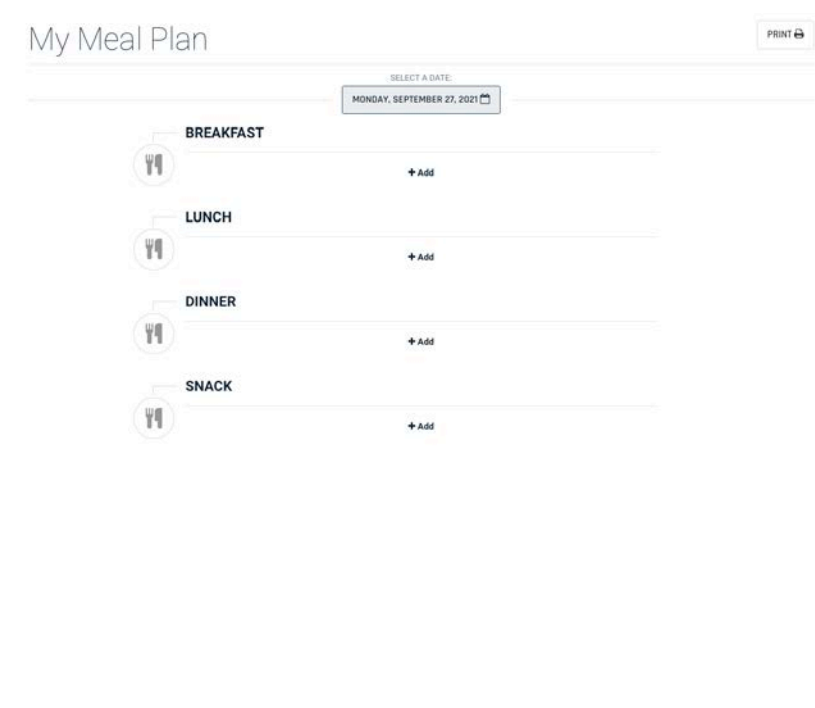


Health Finder

Find wellbeing education on topics that are important to you.

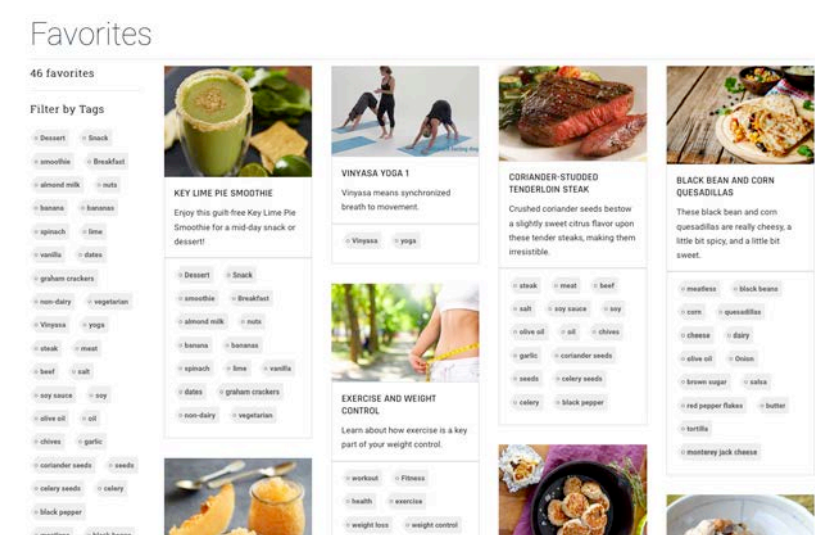


Meal planner



- The meal planner works in tandem with the recipe database to help you organize and stick to your diet. You can use this page to view or edit your Meal Planner.
- Select the **+Add** button under any of the meal categories (breakfast, lunch, dinner, or snack) to browse the recipe database.
 - » You also add meals to your planner from within each individual recipe page.
 - » To do so, select **+ Add to your meal planner**, choose the date and meal type you want to add it under and click **Add**.
 - Use the minus button to delete recipes from your planner and the print icon to print it.
 - Whenever you find a recipe you like, you can search for grocery store coupons in your area by entering your zip code on the left side of the screen.

Favorites



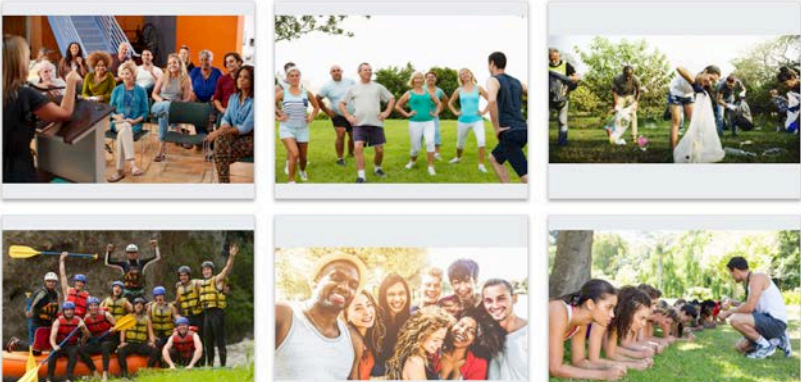
Want to remember a great meal or exercise video? Anything you've added to your favorites can be found here.



Photo gallery

Photo Gallery

ADD A PHOTO



The photo gallery allows you to review photos uploaded by your team members! You can upload your own photos by selecting the **ADD A PHOTO** button and following the onscreen prompts.



IV. Navigate Wellbeing Solutions app

The Navigate Wellbeing Solutions 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 or laptop. It is also free to download and 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.



V. Syncing apps and devices

Sync your favorite health apps and fitness devices to easily track healthy behavior in the platform! To get started:

1. Select the **SYNC DEVICE** sidebar on the right side of the dashboard. (You can also access this page by hovering over your name in the top right corner of the dashboard, then selecting **Account Settings**, then **Connected Devices**.)
2. Find your fitness app or device from the list provided and select the **Connect** button.
3. Follow the instructions on the web page to connect the device to your wellness program. You will be prompted to log in to your device account.

Please note that this is not your wellbeing program account! You will need to enter the username and password you established when you originally created an account for your app or device.

4. You will be asked to allow access your data; select **Authorize**.
5. You will return to the Device Settings tab; your sync time and an option to disconnect will be listed below your newly synced app or device.

After you complete the sync and the portal has permission to share your data, you will no longer need to manually enter information when you track your health or participate in a challenge.

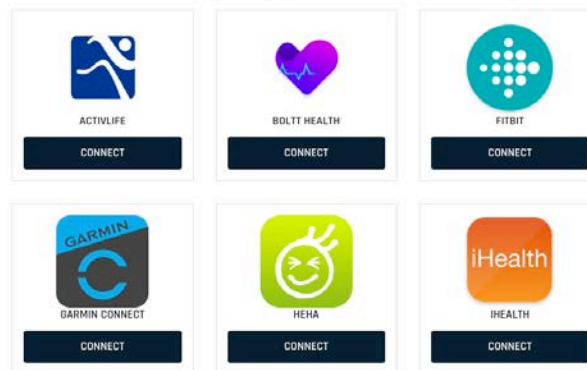


Devices

Sync your favorite devices or apps to your profile! You can sync more than one device or app.

1. Find your wearable device or app from the list below.
2. Click on the "Connect" button.
3. Follow the instructions on the following page to connect the device.

Please allow 24-48 hours after you first sync your device for the data to load into the system.



- Account Settings
- Privacy Settings
- Notification Settings
- Public Profile
- Health Profile
- Connected Devices
- Mobile Login Codes

I want to use the Navigate Wellbeing app on my Apple Watch

Step 1: Download the Navigate Wellbeing app

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 log in.

Step 2: Open the Navigate Wellbeing app and allow access

When you first log in to the Navigate app, you will be prompted to allow Navigate to access your Apple health app. Turn on all categories and data from your Apple health account will sync to the wellbeing platform.

If you miss the prompt when you first log in to the Navigate app:

1. Open your Settings in your device.
2. Select **Health**.
3. Select **Data Access & Devices**.
4. Select **Navigate**.
5. Toggle on all categories that you wish to track.

That's it! Data from your Apple health account will now sync to the wellbeing platform.

I want to use the Navigate Wellbeing app on my Samsung device

Step 1: Download the Navigate Wellbeing app

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 log in.

Step 2: Open the Navigate Wellbeing app and allow access

Log in to the Navigate app and go to the "More" menu. Select "Samsung Health Connection Settings" from the menu and follow prompts to allow Navigate to access your Samsung Health app.

That's it! Data from your Samsung Health account will now sync to the wellbeing platform.



Syncing devices: Frequently asked questions

Why isn't my device connecting?

When you connect a device, you will be asked if Navigate Wellbeing Solutions can access your data. You must select Authorize for your data to sync!

It says my device is synced; why isn't my data updating?

Before you contact customer service, please consider the following:

- It takes 24-48 hours after you first connect for your app or device to sync.
- The platform automatically pulls data from the app or device website, NOT directly from your device. We recommend you update your data with the app or device website frequently!
- Make sure you're using your current password and login information for your app/device.
- If you're still having trouble, try disconnecting your app or device and resyncing it to your account.

The activity recorded in the system is different than my actual activity.

Each app/device records information differently, and the data that enters the wellbeing platform is provided by the producer of your specific app/device. For example, a Fitbit translates physical activity differently than Apple Health, and both of those interpret data differently than a Garmin. Refer to your app/device's website to better understand how it tracks your activity.

Do I have to log in to the wellbeing platform to sync my app/device?

Only if you do not have a username and password because you connect to the platform through your company's employee platform. Either way, we do recommend you log in periodically to make sure your device is syncing properly.

What if I do not have a username and password?

If you do not have a username and password because you connect to the platform through your company's employee platform, you will need to visit the platform from a desktop and:

1. Accept Terms and Conditions.
2. Select Account Settings, then select Mobile Login Codes to receive your login code.

Do I have to choose between using my app/device for the challenge or manually tracking my activity? Can I do both?

You are able to track challenge steps or activity with your app/device and track additional behavior manually.

- Certain exercises, such as weightlifting or swimming, must be entered manually.
- Each device records activity differently, so if you are concerned about accuracy, we recommend you monitor your activity manually and compare your results to those from your app/device.

Can I sync more than one device or app?

Yes, but this can result in duplicate data being entered on your platform. If you sync multiple apps or devices that monitor the same behavior, make sure you log in to the platform and check everything is syncing correctly from time to time.

How do I get credit for non-step count activities such as biking, swimming, etc.?

There are three ways to enter this information: 1) Manually enter those activities into your third-party app/device, which will then sync to the platform. 2) Manually enter the information directly into the platform. 3) Enter it in the Navigate Wellbeing app.



Can I track information other than steps and activity?

Yes, with the Navigate Wellbeing app (or under manually under the Tracker tab), you can monitor step count, activity minutes, nutrition, hydration, sleep hours and weight.

Do I have to use a device or an app to record my activity?

No. If you don't wish to use the Navigate Wellbeing app or a third-party app, you can still manually enter your activity on the Tracker tab or, when applicable, on your challenge to-do list.

Is my app/device still synced after a challenge ends?

Yes. Your app/device website continues to sync with your wellbeing platform, whether you are involved in a challenge or not, until you choose to disconnect it. The idea is to continue to monitor your health and achieve your goals!

How can I sync my Apple / Samsung watch?

Yes; see instructions above.

Can I sync with MyFitnessPal?

Not at this time. We add new devices and apps to the platform often, so please check back at a later date.

