

2025 Forvis Mazars Wellness Program

April 1, 2025 – November 30, 2025

Through the Navigate platform, you may earn up to a maximum of 37,500 points that will be awarded in BRAVO! in December (\$375 value). Once this limit is met, feel free to continue on your wellness journey by engaging and learning even more; however, only the first 37,500 points may be redeemed in BRAVO!

	Limit	Max Points
Required Activities		
Wellbeing Survey		0
Annual Exam*		0
Getting Started		
Attend a Wellness Launch or Watch the Recorded Video	1	500
Download the Navigate App	1	500
Sync a Device	1	500
Physical & Preventive Wellbeing		
Group Challenges (2,500 each)	3	7,500
Personal Challenges (1,500 each)	4	6,000
Video Learning Courses (1,000 each)	5	5,000
Preventive Exams* (5,000 each)	2	10,000
Dental Exam* (1,000 each)	2	2,000
Eye Exam*	1	1,000
Flu Shot*	1	1,000
Monthly activity minutes tracking – 500 minutes (1,000 each)	8	8,000
Receive 2nd.MD Consultation	1	3,000
Telehealth Visit* (1,000 each)	4	4,000
Enroll in One Pass Select	1	2,000
Use Navigate's Meal Planner to Plan Your Meals for One Week	1	1,000
Financial Wellbeing		
Update Your Retirement Plan Beneficiary at Charles Schwab	1	1,000
Watch EAP Financial Wellness Webinar or Podcast (500 each)	3	1,500
Complete the Home Budget Analysis Calculator at Charles Schwab	1	1,000
Evaluate Your Financial Wellness Score through LifeMatters	1	500

	Limit	Max Points
Emotional & Social Wellbeing		
Community Event/Volunteer Work (1,000 each)	4	4,000
Complete a Self-Guided Journey on Life Matters (1,000 each)	3	3,000
Enroll in 'Calm Health' through UHC	1	500
Complete an Assessment through EAP portal	1	500
Attend Firmwide Training Day Sessions (100 each session)	10	1,000
Complete Navigate You Survey	1	1,000

** Exams, biometric screening and telehealth visits performed between January 1, 2025 and the March 31, 2025 may still be recorded and points earned.*