



Benefits Blast: July – Wellness Program

Wellness Program – Navigate

Reconnect with Forvis Mazars' Wellness Program this July by registering for the upcoming **Good for the Soles** challenge and completing the required wellness activities needed to unlock additional point-earning opportunities. Review the challenge details below, register in your Navigate Wellness Portal by July 19, and continue tracking your progress throughout the program year.

Upcoming Wellness Challenge: Good for the Soles

Good for the Soles is a six-week, beginner-level wellness challenge focused on building consistent movement habits by tracking daily active minutes.

- Challenge Dates: July 13 – August 23, 2026
- Registration is open NOW through July 19, 2026
 - Register within your Navigate Wellness Portal

How to Participate

Track your daily active minutes within the challenge dashboard or calendar. If you have a device or app synced to the platform, your active minutes will automatically record. To connect a device, click Sync Device at the top-right of your challenge page.

Track 30 daily active minutes for at least 30 of the 42 challenge days. The last day to record activity is August 30, 2026. Each challenge week begins on Monday and ends on Sunday.

Wellness Program and BRAVO Points

To unlock additional point-earning opportunities through Forvis Mazars' Wellness Program, employees must complete both required activities:

1. Complete the well-being survey
2. Complete an annual exam with biometric labs

After both activities are completed, employees can begin earning wellness points. Eligible points will be loaded to BRAVO toward the end of the year.

More Resources

- The [Benefit Resource Center](#) is the hub for all benefits information
- Please submit a Case in [Workday](#) with any benefit questions