

2023-2024

isolved Wellness Rewards

Program Guide



Welcome to the isolved Wellness Rewards program!

No matter what your wellness-related goals are, we have tools and resources to help. Want to move more? Understand your finances? Improve your nutrition? Visit the platform for challenges, articles, videos, and more resources to help you enhance or maintain your mental, physical, and emotional health.

Log in today and start your journey to a holistically healthy you.

Join your program:

To get started, access the [Navigate](#) tile on the [Microsoft Apps](#) homepage.

Earn rewards:

You could earn a premium discount and rewards mall credits for participating! Learn how to qualify inside.

Eligibility:

The program is open to employees. All qualifying activities must be completed by November 30, 2024.

Tools & resources:

- Complete Video Learning Courses.
- Join group and personal challenges.
- Recipes, articles, and health tracking.
- Sync apps and devices (or download the [Navigate Wellbeing](#) app.)
- Connect through the photo gallery and message center.

Get started

Access the Navigate tile on the [Microsoft Apps homepage](#).

24/7 resources

Rewards are great, but so is looking after your personal wellbeing. Use the platform to achieve your personal goals and your program goals with tools focused on your physical, mental, and emotional health.

- Download the Navigate Wellbeing app.
- Complete Video Learning Courses.
- Participate in group and personal wellbeing challenges.
- Create your own “snap challenges” and invite others to join.
- Spark friendly competition by adding stakes to group challenges.
- Browse recipes, videos, and articles.
- Sync a device or manually track your step count, activity minutes, sleep hours, nutrition information, and more!

How to participate

Complete program activities to earn rewards

Complete healthy activities to earn your incentive for 2024!

Employees enrolled in isolated benefits can receive a premium discount, as well as up to \$80 to the rewards mall.

To receive your premium discount, you **MUST** complete the Wellbeing Survey, and earn 4000 points.

Participants **MUST** complete the Wellbeing Survey and can earn up to 8000 points on the activity table to earn \$80 or 8,000 credits to spend in the rewards mall. \$1 is equal to 100 All Digital Rewards mall credits.

The deadline to earn points is November 30, 2024. Rewards mall credits will be awarded by December 13, 2024.

Your program activities

Visit the tracking table on your platform dashboard for more details about completion requirements, to submit a completed activity, and to review your progress in the program.

Activity name	Points	Maximum completion
Required		
<i>These activities are required to be eligible for the incentive</i>		
Wellbeing Survey	0	1
Additional Wellbeing Activities		
<i>Earn points to receive rewards mall credits!</i>		
Biometric Screening	3,000	1
Personal Challenges	250	8
Video Learning Courses	250	4
Group Challenges	500	4
Download the Navigate Wellbeing App	50	1
Sync Your Device	50	1
Age/Gender Appropriate Screenings	200	4
Vaccine or Booster	200	1
Flu Shot	200	1
IV Therapy for Holistic Healing	200	2
Tobacco Affidavit or Cessation	150	1
Blood Donation	100	6
Community Service	150	2
Community Event	150	2
Employee Assistance Program	100	1
Financial Counseling	100	1
Monthly Physical Activity Goal	150	12
Update your Beneficiary & Emergency Contact in PeopleCloud	500	1
Attend one of the FREE isolated Guided Meditation	200	5

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.

Don't forget to download the *Navigate Wellbeing* app for a convenient and easy way to track your activities. The app is available as a free download in the Apple App Store and Google Play App Store! Scan the QR code to download.



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

Group Challenges



Balance Boost

January 22 - February 18, 2024

Register

January 8 - 28, 2024

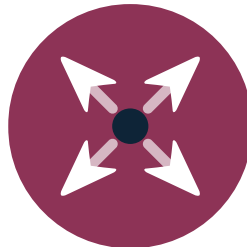
Building healthy habits takes time. We're here to help you find your balance. During this four-week challenge, you'll get tips and tricks to improve four key areas of wellbeing. Get started to find your perfect balance with the right amount of rest, proper hydration, and regular exercise. Plus, tips and motivation to help you along the way.

How to complete:

Visit the to-do list on your wellbeing platform to track your progress in each of the four categories:

- Track your daily activity minutes.
- Track your daily hours of sleep.
- Track your daily water intake.
- Input your weight once per week.

Last day to record: February 25, 2024



Stretch and Stride

April 22 - May 19, 2024

Register

April 8 - 28, 2024

Stretch and stride towards more mobility! During this four-week challenge, you'll track your daily activity minutes and practice helpful stretching routines along the way. Join today to embark on a wellbeing journey that will leave you feeling more energized and ready to embrace a life of greater mobility.

How to complete:

Track your daily activity minutes with the to-do list on your wellbeing platform.

Last day to record: May 26, 2024



Don't Wait, Hydrate

July 29 - August 25, 2024

Register

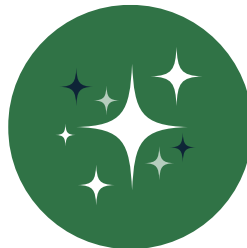
July 15 - August 4, 2024

Unlock the benefits of proper hydration! Dive into this four-week challenge where you'll discover tips and tricks to up your hydration game, leaving you feeling energized and ready to conquer each day.

How to complete:

Log into the platform and use the challenge to-do list to track your daily water intake in ounces.

Last day to record: September 1, 2024



Discover Your Spark

October 14 - November 10, 2024

Register

September 30 - October 20, 2024

Cultivate a life of gratitude and ignite your passions with this four-week challenge! Through regular practices centered around gratitude and passion exploration, you'll unlock the key to a more fulfilling and purpose-driven life. Join this extraordinary adventure and create a life you truly love.

How to complete:

Complete daily tasks, then visit the wellbeing platform and check "I Did This" on your challenge to-do list.

Last day to record: November 17, 2024