



2023-2024

NCSD Wellbeing

Program Guide

Welcome to the NCSD Wellbeing program!

No matter what your wellbeing-related goals are, we have tools and resources to help. Want to move more? Understand your finances? Improve your nutrition? Visit ncsd.livehealthyignite.com 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:

Get started or log back in at ncsd.livehealthyignite.com

Earn rewards:

You could earn a water bottle and wellness stipend for participating! Learn how to qualify inside.

Eligibility:

The program is open to employees. All qualifying activities must be completed by May 31, 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 message center.



Create an account

1. Visit ncsd.livehealthyignite.com
2. Select JOIN NOW and follow the onscreen prompts.

Returning user

If you are a returning user, enter your username and password.

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.
- 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 the activities below to earn points. Complete 300 out of the 525 available points to receive a water bottle and \$100 wellness stipend check! All activities must be completed by May 31, 2024.

Your program activities

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

Activity name	Points	Maximum completion
Biometric Screening	50	1
Wellbeing Survey	50	1
YMCA Turkey Trot	25	1
Flu Shot	25	1
Plan it for the Planet	75	1
Food For Thought	75	1
What Makes Cents	75	1
Self Workout 30 day Challenge	25	3
Personal Challenges	25	3

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



Plan it for the Planet

September 25 - October 22, 2023

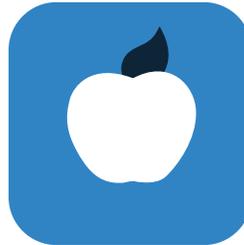
Register
 September 11 - October 1, 2023

Join this challenge for a chance to make great things happen for your community and for yourself! Each week, you'll track your daily step count and complete a new task related to community volunteering, donating, or otherwise doing good for others around you. Improve your health and the lives of those around you over four short weeks!

How to complete:

- Track your daily step count.
- Complete a weekly task related to doing good in your community, then check "I Did This" on the challenge to-do list on the platform.

Participate as: Team or fly solo
Team size: 2-10



Food for Thought

January 8 - February 18, 2024

Register
 December 25, 2023 - January 14, 2024

Here's a head-scratcher—why can it sometimes seem too hard, too expensive, or too plain boring to eat nutritious foods? The good news is that it actually can be easy—and this six-week challenge can help! You'll learn new ways to stay healthy, feel full, and eat deliciously.

How to complete:

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

Participate as: Team or fly solo
Team size: 2-10



What Makes Cents

April 1 - 28, 2024

Register
 March 18 - April 7, 2024

It's time to organize your financial life. Whether you're currently on target, falling behind, or saving ahead, you'll find value in this four-week challenge from the experts at Your Money Line®. Learn new ways to feel free from financial worry!

How to complete:

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

Participate as: Team or fly solo
Team size: 2-10