


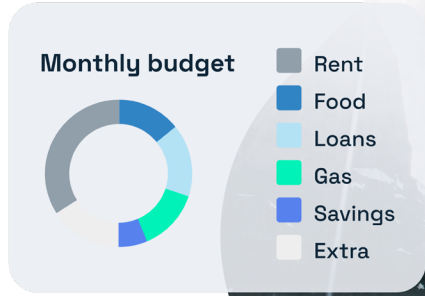
22 mins  
Activity



16:39  
Duration

2.41 Miles	108 KCal
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Recipe database



Reminders and notifications

# Your Work Well Activities Program Guide

## Hello and welcome to the Your Work Well Activities program!

We're thrilled to have you join us on this journey towards holistic wellbeing. Whether you're looking to boost your physical activity, gain a better understanding of your financial health, enhance your nutritional habits, or nurture your emotional and mental wellbeing—we've got you covered.

Log in to learn more about the tools and resources available in your program.

### Join your program

1. Visit [rasmussenworkwell.com](https://rasmussenworkwell.com)
2. Select JOIN NOW and follow the onscreen prompts.  
*Your unique ID is your SSN (no dashes).*
3. Enable multi-factor authentication (MFA). Instructions are available on the portal after you log in.

### Returning user

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

### Eligibility

All qualifying activities must be completed by Sept. 30, 2025.

### Earn rewards

You could earn up to \$400 in the Rewards Mall for participating! Learn how to qualify inside.



After creating your account, 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.

## 24/7 resources

Achieve personal and program goals with the help of holistic tools and resources found on your wellbeing platform.

- 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.
- Stay connected and recognize teammates on the social wall.
- 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

A personalized, holistic approach to wellbeing, risk management, and a culture of care that will make teams and businesses healthier – now and in the future. Navigate’s Total Health Survey gathers data on lifestyle, medical and family history, biometrics, and personal goals. Users receive a personalized plan that includes video learning courses, health coaching, group challenges, and personal challenges, while also embedding the benefits at your company.

## 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
<b>Total Health Standards</b>		
Total Health Survey	2500	1
Complete Company Health Screening	2500	1
Annual Physical	5000	1
Tobacco Affidavit	2500	1
Access your Metrics Here	0	1
<b>Personalized Wellness Elements</b>		
Age/Gender Screening	5000	1
Your Course Recommendation	2500	1
Your Personal Challenge	2500	1
Your Resource Recommendation	2500	1
Your Partner Recommendation	2500	1
Tobacco Cessation Activity	2500	1
<b>Health Metrics</b>		
Blood Pressure	0	1
Waist Circumference	0	1
Total Cholesterol	0	1
HDL	0	1
LDL	0	1
Triglycerides	0	1
<b>Additional Wellness Elements</b>		
Goal Getter	2500	1
Dental Exam	2500	1
Eye Exam	2500	1
Flu Shot	2500	1
Gym Junkie	500	10
Kitchen Creations	2500	1
Intro to Estate Planning	2500	1
Money Matters	2500	1
De-Mystifying Nutrition Labels	2500	1
Under Pressure	1000	5
Group Challenge #1	5000	1
Group Challenge #2	5000	1
Group Challenge #3	5000	1
Group Challenge #4	5000	1