

2023

ISAC Wellness

# Program Guide

## Welcome to the ISAC Wellness 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 [isac.livehealthyignite.com](https://isac.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 [isac.livehealthyignite.com](https://isac.livehealthyignite.com)

### Earn rewards:

You could earn up to \$352 for participating! Learn how to qualify inside.

### Eligibility:

The program is open to employees.

All qualifying activities must be completed by October 31, 2023.

### 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 [isac.livehealthyignite.com](http://isac.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.
- Browse recipes, videos, and articles.
- Sync a device or manually track your step count, activity minutes, sleep hours, nutrition information, and more!

*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](mailto:info@navigatewell.com)  
 (888) 282-0822

# How to participate

## Complete program activities to earn rewards

The ISAC Wellness Program will run between January 1 and October 31, 2023.

Insured employees of the Group Health Program may earn up to a \$352 incentive, of which \$277 will be ran through their paycheck in November and reimbursed by ISAC. The other \$75 will come from Reliance Standard as part of the accident insurance. ISAC will reimburse the county the incentive + employers FICA tax.

### Activity Table

- \$75 - Complete the fax form (reimbursed through Reliance Standard)
- \$25 - Complete the Wellbeing Survey
- \$5 - Connect a device to the portal
- \$5 - Carebridge EAP Engagement
- Up to \$242 - Achieve 10,000 steps per day (\$1 a day February 1st - September 30th)

### 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.

Once you complete the Wellbeing Survey AND Carebridge EAP Engagement, you will receive an email with access to your free Fitbit.

Activity name	Points	Maximum completion
<b>Activities to Earn a Free Fitbit</b>		
Wellbeing Survey	1	1
Carebridge EAP Engagement	1	1
<b>Other Activities</b>		
Physical / Preventative Exam	1	1
Connect a Device	1	1