



How's your wellbeing?

Getting to your best self, with Navigate. Our wellbeing platform is designed to help you prioritize your health and wellness – from fitness to financial wellbeing – we've got you covered.

Taking care of the whole person through The 8 Pillars of Wellbeing

Are you caring for your whole self? Let Navigate help you – from mindfulness and mental health resources to fitness classes – we've got what you need. And our wellbeing survey will give you personalized insights letting you know where you can start today.

Through these flexible, personalized channels, the goal is to help you focus on what is most important to you. Did we mention that we'll also help connect you with your health benefits? Yep, we've got that too!

[Learn more about your wellbeing portal](#) →



Reminder
Our 401k provider is having a webinar at noon

Financial
31%
of employees feel excellent about their finances

4.8 hrs
Meditation

Pulse survey
How do you feel today?
Great

The 8 Pillars of Wellbeing

Mindfulness

Explore our video courses and personal challenge library to find the right resources to support your mental health and build a more mindful, resilient you.

Physical

Sync your wearable device to track your physical activity and get access to workout plans, exercise videos, and a health tracker to keep you motivated.

Community

Engaging with the local community creates a greater sense of belonging and helps you and your organization give back in meaningful ways. Find local events to get involved in!

Social

Team Challenges make achieving wellness goals more fun and build relationships while the Social Wall makes it easier to connect with and show support for your fellow co-workers across all of the wellbeing categories.

Financial

Get access to articles, video courses, and personal challenges to help take some of the stress out of managing your finances.

Nutrition

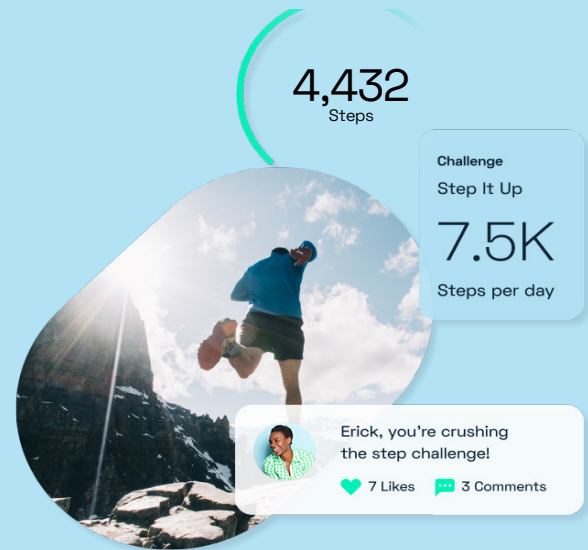
Nutrition experts have curated delicious recipes to meet a variety of specific dietary needs and the Meal Planner makes healthy decisions even easier.

Purpose

Want to know what really motivates you? Check out video courses and personal challenges designed to help bring you clarity to ultimately help you live a more purposeful life.

Balance

Want expert advice on how to prioritize yourself during a new-normal and manage “work-life” balance? We’ve got that too.



4,432 Steps

Challenge
Step It Up
7.5K
Steps per day

Erick, you're crushing the step challenge!

7 Likes 3 Comments



8
Sept
Reminder
Volunteering at Miller
Recreation Center 2pm

Yesterday's volunteer service was a success!

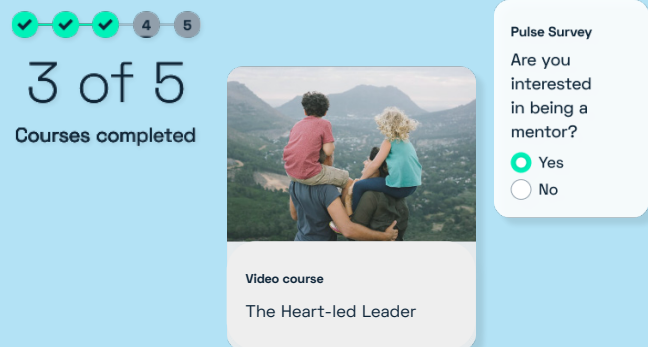
7 Likes 3 Comments

Resources

ALL POSTS ARTICLES RECIPES WOR

Financial Resources

Off Site Screening Form



3 of 5
Courses completed

Pulse Survey
Are you interested in being a mentor?

Yes
 No

Video course
The Heart-led Leader

Our goal is to help you reach yours.
Spark something incredible today.