

2021

# Argos Live Well Program Guide

Rewards, Challenges, Recipes and More



## Join your Program:

Get started at [argoslivewell.livehealthyignite.com](https://argoslivewell.livehealthyignite.com)



## Earn Rewards:

Earn points for completing program activities and become eligible for incentives in 2022. Keep reading for more information.



## Eligibility:

All active employees covered under the Argos Medical Plan are eligible to participate in the Argos Live Well Program.



## Important Dates:

All qualifying activities must be completed November 30, 2021.  
**Program:** January 1 – November 30, 2021



## Tools & Resources:

Go beyond the program requirements and get the most from your portal all year long to focus on your physical, mental and emotional health.



# Welcome to your 2021 Argos Live Well Program

This guide contains instructions for joining the program, completing requirements and earning rewards.

## Why participate in a wellbeing program?

Caring for your mental, emotional and physical health is about more than numbers. It's about personal growth. [argoslivewell.livehealthyignite.com](https://argoslivewell.livehealthyignite.com) is jam packed with resources that help you continue your wellbeing journey, no matter where you are on the path.

The program is a place to connect with others—as you learn and grow, you'll also get to know your teammates, support each other's successes and find plenty of opportunity for fun, friendly competition.

**Log in today and take the next step toward a healthier, happier future!**

# How to Participate

## Complete Program Activities to Earn Rewards

- **\$200** - Complete the Biometric Screening
- **\$300** - Complete the Biometric Screening and Wellbeing Survey
- **\$600** - Complete the Biometric Screening, Wellbeing Survey and earn a total of 300 points within Live Well Program

## Your Program Activities

Visit the activities table on your platform dashboard for more detail about completion requirements and to track your progress in the program.

Activity Name	Points	Maximum Completion
<b>Required Activities</b>		
Biometric Screening	100	1
Wellbeing Survey	100	1
Tobacco Affidavit	0	1
<b>Health Metric Bonus Points</b>		
BMI / Waist Measurement	25	1
Total Cholesterol	25	1
Blood Pressure	25	1
Glucose	25	1
<b>Additional Activities</b>		
Age Appropriate Annual Exams	10	3
Flu Shot	5	1
Group Challenges	10	4
Personal Challenges	5	3
Video Learning Courses	10	2
Download the Navigate App	5	1
Community Events / Volunteer Opportunities	5	2
Giving Blood	5	1

## Create an Account

1. Visit [argoslivewell.livehealthyignite.com](https://argoslivewell.livehealthyignite.com)
2. Select **JOIN NOW** and follow the on screen prompts.

### Returning User

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

Use the QR code below to open and log into the Navigate Wellbeing website using your smart device.



## Your Resources

Better health is the gift that keeps on giving. Go beyond the program requirements and use your wellness portal all year long to focus 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!

# Group Challenges

## 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 the challenge. In addition, you'll receive weekly emails to keep you on task and remind you to record in the portal.



### Sips Ahoy

February 8 - March 7

*Register January 25 - February 14*

Climb aboard the good ship Hydration and sip your way to better health! During this 4-week challenge, you'll track your daily water intake as you discover the benefits of drinking more water.

**How to complete:**

Track at least 32 ounces of water for at least 20 of the 28 days.



### Simple Season

April 12 - May 9

*Register March 29 - April 18*

This 4-week challenge will help you structure your day and find time for exercise, friends and family, and yourself. To participate, you'll track your activity minutes and complete an additional weekly task that updates each week.

**How to complete:**

Earn a minimum of 40 points of the 56 possible to complete the challenge. To earn a point, you must track at least 1 minute of activity for the day, or complete a daily task (maximum of 2 points/day available).



### Take 10

June 14 - July 25

*Register May 31 - June 20*

Moving toward an active, healthy lifestyle can seem difficult, but you don't have to make the change all at once. This challenge helps you increase your daily activity minutes by taking advantage of every break and lull in the day. You'll see how 10 minutes here and there—will add up to big health benefits!

**How to complete:**

Track at least 30 minutes of activity per day for at least 30 of 42 days.



### Be Kind to Your Mind

August 16 - September 12

*Register August 2 - 22*

It's easy to get caught up in external responsibilities and forget about one simple thing – being kind to yourself. This 4-week challenge helps you find time for yourself, complete favorite hobbies and discover ways to relax that suit your unique personality.

**How to complete:**

Track at least at least 20 of 28 days.

**Questions? Contact:**

info@navigatewell.com  
(888) 282-0822



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