



2022

# Argos Live Well program guide

Rewards, challenges, recipes, and more

**PROGRAM DATES: 1/1/2022 - 11/30/2022**

\*Program must be completed by 10/31/2022 for employees eligible for the safety bonus.



## Welcome to your Argos Live Well program!

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

Welcome to the Argos Live Well program! We're glad you're here. This program—and the online platform at [argoslivewell.livehealthyignite.com](https://argoslivewell.livehealthyignite.com)—are here to help you focus on your mental, physical, and emotional health. There are resources to help you achieve your goals, no matter what they are.

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

### Join your program:

Get started or log back in at [argoslivewell.livehealthyignite.com](https://argoslivewell.livehealthyignite.com)

### Earn rewards:

Earn points for completing program activities and become eligible for incentives in 2023.

### Eligibility:

The program is open to all active employees under the Argos Medical Plan as well as those employees eligible for the Safety Bonus Program.

### 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 photo gallery or message center.

# How to participate

## Create an account

1. Visit [argoslivewell.livehealthyignite.com](https://argoslivewell.livehealthyignite.com)

2. Select **JOIN NOW** and follow the onscreen prompts.

Your unique ID is your employee ID.

### 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

## Complete program activities to earn rewards

### Argos Live Well Program (employees on medical)

You must be hired before October 1, 2022 to be eligible for the incentive.

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

The deadline to complete activities is November 30, 2022.

Employees eligible for the Safety Bonus must be hired no later than June 30, 2022 and must complete the Argos Live Well Program by October 31, 2022.

### 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 (employees on medical only)	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	10	1
COVID Vaccine or Booster	20	1
Group Challenges	10	4
Personal Challenges	10	3
Video Learning Courses	15	2
Download the Navigate App	5	1
Community Events / Volunteer Opportunities	5	2
Giving Blood	10	1