

2022

Argos Live Well Challenges



Log in and Live Well

H2 Woah

Sign ups 6/6/2022 - 6/19/2022

Challenge Dates 6/13/2022 - 7/10/2022

Log in to the platform and use the challenge to-do list to track your daily water intake in ounces. While you're there, you can also find tips and tricks for staying hydrated in the challenge guide.

Best Kept Self

Sign ups 7/25/22 - 8/7/2022

Challenge Dates 8/1/2022 - 8/28/2022

Complete daily tasks, then visit the wellbeing platform and check "I Did This" on your challenge to-do list. You can find tips and tricks for completing your to-dos in the challenge guide.

Spring into Shape

Sign ups 9/5/2022 - 9/18/2022

Challenge Dates 9/12/2022 - 10/9/2022

Track your daily activity minutes with the to-do list on your wellbeing platform. For tips on getting more minutes each day, review your challenge guide.
Note: If you have a device or app synced to the platform, it will automatically record your minutes.

Create an account

1. Visit argoslivewell.livehealthyignite.com
2. Select **JOIN NOW** and follow the onscreen prompts.
Your unique ID is your employee ID.

Returning user

Simply enter your username and password.



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:
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