



2023-2024

Weld County School  
District 6 Wellbeing Program

# Program Guide

## Welcome to the Weld County School District 6 Wellbeing 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 [D6NavigateWellness.com](https://D6NavigateWellness.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 [D6NavigateWellness.com](https://D6NavigateWellness.com)

### Earn rewards:

You could earn \$150 worth of rewards in your rewards mall and have a chance to win other bonus prizes for participating! Learn how to qualify inside.

### Eligibility:

The program is open to all D6 employees.

All qualifying activities must be completed by May 31, 2024.

### 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 on the social wall.



## Create an account

1. Visit [D6NavigateWellness.com](https://D6NavigateWellness.com)
2. Select JOIN NOW and follow the onscreen prompts.  
*Your unique ID is your last name and the last 4 digits of your social combined. [ex: Smith1234]. If you have a Hyphenated last name it will look like this: Smith-jones1234.*

## 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.
- Create your own “snap challenges” and invite others to join.
- Spark friendly competition by adding stakes to group challenges.
- Stay connected and recognize teammates on the social wall.
- Browse recipes, videos, and articles.
- Sync a device or manually track your step count, activity minutes, sleep hours, nutrition information, and more!

# How to participate

## Complete program activities to earn rewards

To earn \$100 worth of rewards in your All Digital Rewards Mall, you must complete your onsite biometric screening and/or annual wellness exam, plus the wellbeing survey. Earn an additional \$50 by completing your annual wellness exam (\$150 total).

**\*\*Bonus Prizes:** earn a total of 200 points from other wellness activities to be entered into a drawing for GREAT prizes!

Group Challenge completion prizes available! All participants who complete the first group challenge will be entered into a drawing to win the following:

- 5 Winners – \$150 to your ADR Rewards Mall
- 10 Winners - \$100 to your ADR Rewards Mall
- 15 Winners - \$50 to your ADR Rewards Mall

The deadline to complete the above items is May 31, 2024.

## Your program activities

Activity name	Points	Maximum completion
<b>Annual Activities</b>		
Onsite Biometric Screening		1
Wellbeing Survey		1
Annual Wellness Exam		1
<b>Additional Activities for Drawings</b>		
Fall Wellness Fair Participation	50	1
Earn 80 Check Marks during the 52/10+ Program	25	1
Virtual Wellness Week Participation	25	1
Wellbeats Enrollment	10	1
Wellbeats Program Completion	25	1
Group Challenges	25	4
Personal Challenges	15	4
Video Learning Courses	15	4
Preventive Exams	15	2
Preventive Vaccines	10	3
Blood Drive Participation	25	2
Health Nut of the Month	5	5
<b>Employee Resources</b>		
View Your 2023 Benefits Guide	5	1
View Your EAP Benefit	5	1
View the 1 Mile Walking Routes	5	1
Visit the Virtual Calming Room	5	1
Visit the Educator Emotional Resource	5	1
View the Business Specials Page	5	1
<b>Navigate Scavenger Hunt</b>		
Post a Photo in the Gallery	5	1
Post on the Social Wall	5	1
Download the Navigate App	5	1
Sync Your Device	5	1
Complete a Workout Video	5	1
Cook a Recipe from the Portal	5	1
Plan Your Meals	5	1
Create a Snap Challenge	5	1



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

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  
(888) 282-0822

# Group Challenges



## Think About Your Drink

August 28-September 24,  
2023

*Register*  
August 14-September 4, 2023

Moving toward an active, healthy lifestyle can seem difficult, but you don't have to make the change all at once. You'll see how 10 minutes here and there—and there, and there, and there, all day long—will add up to big health benefits!

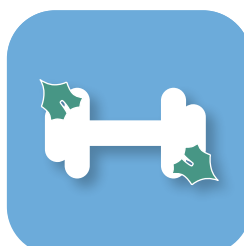
### How to complete:

Log into the platform and use the challenge to-do list to track your daily water intake in ounces.

**Participate as:** Team and fly solo

**Team size:** 2-10

**Last day to record:** October 1, 2023



## The Great Holiday Challenge

December 4, 2023-January 8,  
2024

*Register*  
November 13-December 8, 2023

Reconnect and tap into your Sources of Strength by competing as an individual or team. With so many diverse activities to choose from, there is something for everyone! Each activity has a designated number of points. Track your points and share your progress along the way.

**Participate as:** Team and fly solo

**Team size:** 2-10

**Last day to record:** January 12, 2024



## What Makes Cents

January 22-February 18,  
2024

*Register*  
January 8-January 29, 2024

Moving toward an active, healthy lifestyle can seem difficult, but you don't have to make the change all at once. You'll see how 10 minutes here and there—and there, and there, and there, all day long—will add up to big health benefits!

### How to complete:

Complete two tasks each week, then visit the wellbeing platform and check "I Did This" on your challenge to-do list.

**Participate as:** Team and fly solo

**Team size:** 2-10

**Last day to record:** February 25, 2024



## Reach for it

March 4- March 31, 2024

*Register*  
February 19-March 11, 2024

Moving toward an active, healthy lifestyle can seem difficult, but you don't have to make the change all at once. You'll see how 10 minutes here and there—and there, and there, and there, all day long—will add up to big health benefits!

### How to complete:

- Track your daily activity minutes with the to-do list on your wellbeing platform.
- If you have a device or app synced to the platform, it will automatically record your minutes.

**Participate as:** Team and fly solo

**Team size:** 2-10

**Last day to record:** April 7, 2024