

Recipe database

#### Monthly budget



- Rent
- Food
- Loans
- Gas
- Savings
- Extra

22 mins  
Activity

16:39  
Duration

2.41 Miles    108 KCal

Reminders and notifications

# Weld County School District 6 Wellbeing Program Guide

Hello and welcome to the Weld County School District 6 Wellbeing program!

We're thrilled to have you join us on this journey towards holistic wellbeing. Whether you're looking to boost your physical activity, gain a better understanding of your financial health, enhance your nutritional habits, or nurture your emotional and mental wellbeing—we've got you covered.

Log in to learn more about the tools and resources available in your program.

## Join your program

1. Visit [D6Navigatewellness.com](https://D6Navigatewellness.com)
2. Select JOIN NOW and follow the onscreen prompts.  
*Your unique ID is the first 4 letters of your last name and the last 4 of your SSN (ex: mack1234).*
3. Enable multi-factor authentication (MFA). Instructions are available on the portal after you log in.

## Eligibility

The program is open to all D6 employees. All qualifying activities must be completed by May 30, 2025.

## Earn rewards

You could earn over \$150 for participating! Learn how to qualify inside.



After creating your account, 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.

## 24/7 resources

Achieve personal and program goals with the help of holistic tools and resources found on your wellbeing platform.

- 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

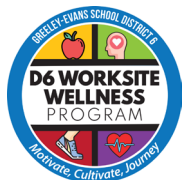
To earn \$100 worth of rewards in your All Digital Rewards Mall, you must complete your onsite biometric screening and/or annual wellness exam, plus the wellbeing survey. Earn an additional \$50 by completing your annual wellness exam (\$150 total).

\*\*Bonus prizes: Earn a total of 200 points from other wellness activities to be entered into a drawing for GREAT prizes! Stay tuned for more information on upcoming drawings and make sure to stay engaged throughout the year to be rewarded!

### Your program activities

Visit the tracking table on your platform dashboard for more details about completion requirements, to submit a completed activity, and to review your progress in the program.

| Activity name                             | Points | Maximum completion |
|---|--------|--------------------|
| Onsite Biometric Screening                | 0      | 1                  |
| Wellbeing Survey                          | 0      | 1                  |
| Annual Wellness Exam                      | 0      | 1                  |
| <b>ADDITIONAL ACTIVITIES FOR DRAWINGS</b> |        |                    |
| Fall Wellness Fair Participation          | 50     | 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 2024 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                  |
| Workers Comp Procedures                   | 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                  |



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



### Your Best Rest

August 19 - September 15, 2024

*Register*

*August 5 - August 26, 2024*

Rest is essential to a healthy and happy you! It's time to break free from restless nights with this four-week challenge. Join us and discover simple, sustainable strategies for achieving your best rest.

#### How to complete:

Use the challenge to-do list on the platform dashboard to track your daily hours of sleep, including naps. For tips on getting more (and better) rest, review your challenge guide.

**Participate as:** Fly solo

**Last day to record:** September 22, 2024



### The Great Holiday Challenge

December 2 - January 5, 2025

*Register*

*November 11 - December 6, 2024*

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

**Team size:** 2-10 members

**Last day to record:** January 12, 2025



### No Dollar Days

January 20 - February 16, 2025

*Register*

*January 6 - January 24, 2025*

Join this four-week financial challenge and see how much you can save by being more intentional in your spending. Challenge yourself to not spend a single dollar (on non-essentials) each day and cut impulse spending from the budget. Get ready to nickel and dime your way to financial success! Think this challenge will be easy? Don't bank on it!

#### How to complete:

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

**Participate as:** Fly solo

**Last day to record:** February 23, 2025



### Reflect Where You Connect

March 17 - April 13, 2025

*Register*

*March 3 - March 21, 2025*

How do you feel—about your work, your community, yourself, and your overall purpose? Join this four-week challenge for a deep dive into what truly brings you joy in life. Each day, engage in tasks centered around mindfulness, connectivity, and community to unlock the secrets to your happiest self!

#### How to complete:

Earn at least 20/28 sparks

**Participate as:** Fly solo

**Last day to record:** April 20, 2025

