

22 mins
Activity


16:39
Duration

2.41 108
Miles KCal

Recipe database

Monthly budget



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

Reminders and notifications



30 day course

Nutrition & mental health

Novant Health Well-being Program Guide

Hello and welcome to the Novant Health Well-being program!

We're thrilled to have you join us on this journey towards holistic well-being. 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 well-being—we've got you covered.

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



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.

Join your program

1. Visit livehealthynovanthealth.com
2. Select JOIN NOW and follow the onscreen prompts.
Your unique ID is your employee ID. For NHHHRMC and NHPMC team members, your unique ID will be NH + your EEID (ex. NH123456).

Returning user

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

Eligibility

The program is open to team members.

All qualifying activities must be completed by December 15, 2024.

Earn rewards

You could earn rewards for participating! Learn how to qualify inside.

24/7 resources

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

- Download the Navigate Wellbeing app.
- Complete video learning courses.
- Participate in group and personal well-being challenges.
- 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

Earn points by completing activities to qualify for rewards!

- All team members are encouraged to participate in well-being activities and will have access to the well-being portal.
- All benefit-eligible team members are eligible to earn incentives.
- Team members on the Cigna medical plans will earn points toward their MotivateMe incentives.
- All other benefit-eligible team members will earn points that can be redeemed for merchandise in the rewards mall.

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.

2024 Novant Health Well-being Program Incentive Structure

Participant	Incentive Cap	Incentive Format
Cigna Team Member	\$900	HRA, through MotivateMe platform*
Cigna Spouse; includes NH team member spouses and non-employed by NH spouses	\$275	HRA, through MotivateMe platform**
Surest team member	\$250	Rewards/points through the Novant Health well-being portal rewards mall
Surest spouse, spouses not employed by NH	Not eligible	n/a
Non-enrolled benefit eligible team members and NH employed spouses enrolled as a dependent on Surest	\$100	Rewards/points through the Novant Health well-being portal rewards mall

*Team members enrolled in Novant Health's Cigna medical plans will be able to utilize the MotivateMe platform and access living healthy incentive opportunities through the well-being portal.

**NH team member spouses who are enrolled as a dependent on Novant Health's Cigna medical plans will have access to the well-being portal.