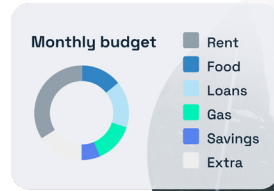


2025

# Check out the Novant Health well-being program

Recipe database



Reminders and notifications

22 mins Activity

16:39  
Duration  
2.41 Miles 108 KCal



30 day course  
Nutrition & mental health

## More resources, more rewards

Your Novant Health well-being portal can be accessed at [livehealthynovanthealth.com](https://livehealthynovanthealth.com). What can you expect from the portal?

### New features: The incentive tracking table and program rewards

- Use the table located on the home page to review the full list of program activities, their completion requirements, and what you can earn for successfully completing them.
- You will also use the table to submit completed activities and track your progress in the program.
- Make sure your progress is up to date – when you successfully complete activities, you'll earn incentives! If you are eligible, you can redeem the points you earn in the Live Amplified Rewards Mall, which provides hundreds of merchandise options—electronics, sports equipment, health and beauty items, gift cards and more!

### Familiar favorites

- Participate in group and personal well-being challenges.
- Browse a database of recipes and workout videos.
- Complete a meal planner and search for local grocery store discounts.
- Track health-related activity: step count, activity minutes, nutrition, hydration, sleep and weight.
  - Track this information manually or with the Navigate Well-being App, available as a free download in the Apple App Store and Google Play App Store.
- You can also sync your favorite devices and apps, which then seamlessly update with the portal each day.

## Rewards for 2025

2025 Novant Health Well-Being Program Incentive Structure		
Participant	Incentive cap	Incentive format
Novant Health Premier Plan, Cigna Standard Plan, and Cigna Premium Plan - enrolled team member	\$900	HRA, through MotivateMe platform*
Novant Health Premier Plan, Cigna Standard Plan, and Cigna Premium Plan - enrolled spouse (Includes spouses employed and not employed by Novant Health)	\$275	HRA, through MotivateMe platform**
HDHP -enrolled team member	\$250	Rewards/points; through the Novant Health well-being portal
HDHP-enrolled spouse, spouses not employed by Novant Health	Not eligible	n/a
Non-enrolled benefits-eligible team member and Novant Health -employed spouse enrolled as a dependent on the High Deductible Health Plan	\$100	Rewards/points; through the Novant Health well-being portal

\* 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.