

Welcome to the Novant Health Well-being Portal

Join Your Program

Ready to get started?

Sign up today to take your first steps toward better wellbeing.

Key Dates

Program year:

Jan. 1, 2026 – Dec. 31, 2026

Your Rewards

Earn a HRA contribution or rewards/point based on your Novant Health medical plan enrollment.

See the chart below.

Get Started

Step 1:

Go to livehealthynovanthealth.com.

Step 2:

Click **JOIN NOW**. Team member subscribers will enter your unique employee ID. Non-employed and Novant Health employed spouses will enter the plan subscriber employee ID + "S". For example, if the subscriber employee ID is 12345, the spouse would enter 12345S.

Step 3:

Enable multi-factor authentication (MFA). Instructions are available on the portal after you log in.

Your program: Purpose & Benefits

The Novant Health well-being program is designed to empower you with resources, tools and opportunities that support your physical, mental and emotional health.

How to Participate

Eligibility

All Novant Health team members and spouses enrolled in a Novant Health medical plan are eligible to participate in the well-being program.

How to complete your program

Complete program activities to earn rewards! All team members are encouraged to participate in well-being activities and will have access to the well-being portal.

Rewards for 2026

2026 Novant Health Well-Being Program Incentive Structure

Participant	Incentive cap	Incentive format
Novant Health Premier Plan, Blue Standard Plan and Blue Premium Plan – enrolled team member	\$900	HRA, through the Novant Health well-being portal
Novant Health Premier Plan, Blue Standard Plan and Blue Premium Plan – enrolled spouse (includes spouses employed and not employed by Novant Health)	\$275	HRA, through the Novant Health well-being portal
Blue High Deductible Health Plan – enrolled team member	\$250	Rewards/points, through the Novant Health well-being portal
Non-enrolled benefits-eligible team member and spouse enrolled as a dependent on the Blue High Deductible Health Plan (includes spouses employed and not employed by Novant Health)	\$100	Rewards/points, through the Novant Health well-being portal
PRN team member	Not eligible	N/A

Download App



Download the Navigate Wellbeing app for a convenient way to track your activities.

Your Program Checklist

Getting Started

- ☐ Log in to your portal
- ☐ Complete your survey
- ☐ Download the mobile app
- ☐ Sync your fitness tracker or app

Explore Features

- ☐ Watch video courses
- ☐ Join a personal challenge
- ☐ Track your progress on the dashboard
- ☐ Check out resources like articles and recipes
- ☐ Learn how to earn wellness incentives

Make the most of your wellbeing program and take control of your journey today!

Here's what you can expect:

- Access tools and resources anytime, anywhere.
- Get personalized challenges and courses for your goals.
- Track your progress with simple tools.
- Discover expert tips, recipes and guides
- Achieve your goals. Visit your wellbeing platform now and start living healthier, happier and more balanced today!

Questions? Contact:

info@navigatewell.com
(888) 282-0822

Group Challenges



January: Find Your Fit



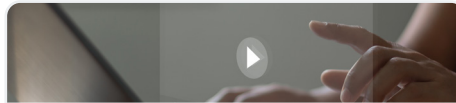
March: Walk Your Plants Off



June: Off Grid Adventures



October: Falling into Rhythm



New! Video Learning Courses:

Explore our new 2026 video courses on nutrition, fitness, stress management, etc.



NavigateYOU:

Your personalized guide to wellness, helping you make confident choices every day!



Edamam Recipes:

Make healthy eating easy with thousands of searchable recipes that fit a diverse range of diets, allergens, and health needs.



Les Mills Workouts:

Inspire lasting fitness habits with energizing, science-driven video workouts led by expert instructors and tailored to a variety of fitness levels. We're keeping things fresh with new workouts added each quarter, so you'll always have something new to try! Ready to move?