



22 mins
Activity

16:39
Duration

2.41
Miles

108
KCal

Recipe database

Monthly budget



Rent
Food
Loans
Gas
Savings
Extra

Reminders and notifications



30 day course

Nutrition & mental health

Healthy Actions Incentive Program Guide

Hello and welcome to your
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 harriscountywellbeing.livehealthyignite.com or scan the QR code below.
2. Select JOIN NOW and follow the onscreen prompts.



Eligibility

The program is open to covered employees and covered spouses.

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

Earn rewards

Covered employees could earn up to \$300 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 the \$300 incentive, you must complete the Total Health survey and earn 300 points by completing your choice of activities from the list below. Log in to the platform and click on the activities to learn more about the completion requirements.

Employees: Your incentive will be administered via a payroll deposit in January 2025. You must be actively employed to receive this incentive deposit.

Spouses: You will not be eligible for an incentive reward; however, we encourage you to participate in the fun activities and utilize the educational portal resources.

The deadline to complete these activities is October 31, 2024.

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
Total Health Survey*	0	1
Your Personal Challenge Recommendation	5	1
Your Video Course Recommendation	5	1
Your Resource Recommendation	5	1
Your Partner Recommendation	5	1
Aetna Health Risk Assessment	25	1
Complete an Annual Exam with your Physician	25	1
Get a Flu Shot (Preventive)	15	1
Get a Mammogram (Preventive)	15	1
Get your Annual OB/GYN Exam (Preventive)	15	1
Get a Colon Cancer Screening (Preventive)	15	1
Get a Prostate Cancer Screening (Preventive)	15	1
Complete a Routine Vision Exam (Preventive)*	15	1
Complete a Routine Dental cleaning (Preventive)*	15	1
Complete a goal with an Aetna Health Coach	100	1
Complete County-coordinated Mental Health First Aid training class	25	1
Complete a Harris County Wellness Series	10	1
Complete a Harris County Fitness Class*	5	5
Complete the Harris County Employee 5K*	15	1
Complete the Harris County Fitness Expo*	15	1
View Your EAP Benefit	5	1
View Your Financial Wellness Benefits	5	1
Group Challenges	20	4
Personal Challenges	10	4
Video Courses	20	3
Activity Minute Tracker (360 a month for 5 months)	10	5
Download the Navigate App*	5	1
Cooking a Recipe from the Portal*	5	1
Completing a Workout from the Portal*	5	1
Create a Meal Plan for the Week*	5	1

*Self-reported items

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.



Time to Move

January 29 - March 10, 2024

Register

January 15 - February 5, 2024

What time is it? Time to move! Join us for an exciting six-week challenge where you'll track your daily activity minutes and conquer escalating goals each week. Throughout the challenge, you'll get valuable tips and tricks to help you discover the perfect exercise routine for your needs.

How to complete:

Track your weekly activity minutes with the to-do list on your wellbeing platform. You will receive a new total activity minute goal each week.

Participate as: Team or fly solo

Team size: 2-10

Last day to record: March 17, 2024



Mindset Makeover

April 22 - May 19, 2024

Register

April 8 - 29, 2024

Ready to turn your aspirations into a reality? Join this four-week challenge for a journey of self-reflection, mindfulness, and purposeful action. At the end of this challenge, you'll discover how to set goals and invest in yourself to create the life you've always envisioned.

How to complete:

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

Participate as: Team or fly solo

Team size: 2-10

Last day to record: May 26, 2024



Balance Boost

June 17 - July 14, 2024

Register

June 3 - 24, 2024

Building healthy habits takes time. We're here to help you find your balance. During this four-week challenge, you'll get tips and tricks to improve four key areas of wellbeing. Get started to find your perfect balance with the right amount of rest, proper hydration, and regular exercise. Plus, tips and motivation to help you along the way.

How to complete:

Visit the to-do list on your wellbeing platform to track your progress in each of the four categories:

- Track your daily activity minutes.
- Track your daily hours of sleep.
- Track your daily water intake.
- Input your weight once per week.

Participate as: Team or fly solo

Team size: 2-10

Last day to record: July 21, 2024



Smart Cents

September 23 - October 20, 2024

Register

September 9 - 30, 2024

Looking to level up your financial wellbeing? Get ready for a four-week financial challenge with Your Money Line® experts! Join this exciting opportunity to conquer financial stress and enjoy more financial freedom.

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 or fly solo

Team size: 2-10

Last day to record: October 27, 2024