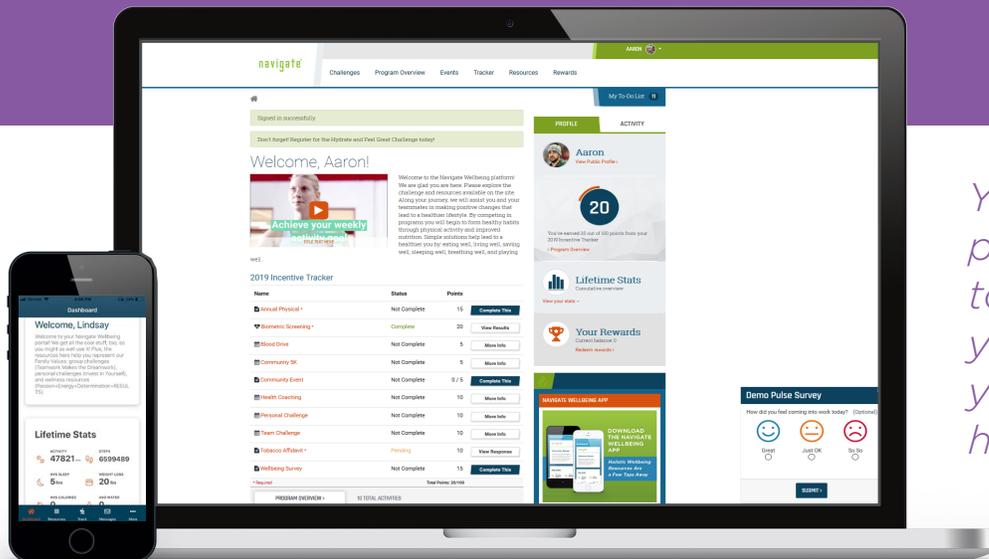


# An Easy-to-Use Online Wellbeing Platform

powered by

**navigate**<sup>o</sup>

Wellbeing Solutions



*Your new wellbeing portal\* provides great tools and resources you can use to chart your path to a healthier lifestyle!*

## What can you expect from the portal?



### Incentive Tracking Table

Don't wonder how to earn your premium savings! This table (conveniently located on your home page) allows you to learn more about the program, submit completed activities and monitor your progress in the program.



### Recipes, Meal Planner and Grocery Store Discounts

Browse hundreds of healthy recipes including snacks, meals and desserts! When you find something you want to try, you can also add it to your online meal planner and enter your zip code to search for local grocery store coupons.



### Fun Personal and Group Challenges

You will have the opportunity to join group challenges during the year—they're a great way to enhance your health and have fun with your teammates! (Look for the more information to arrive soon.) In addition, you're welcome to join an always-available personal challenge at any time. These challenges provide comprehensive wellbeing guidance across eight different categories: Purpose, Physical, Mindfulness, Nutrition, Social, Balance, Financial and Community. Use them to focus on topics important to you!



### Biometric Data Display Through Physician Form

The more you know about your health, the easier it is to maintain or improve it. After your biometric screening, the portal will display up to five years of your height, weight, blood pressure, lipid panel, blood glucose, a1c, cotinine and body fat percentage.



### Exercise, Yoga and Meditation Videos

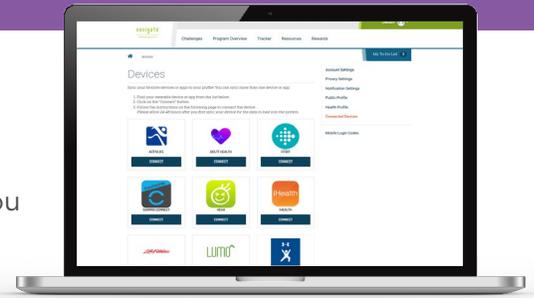
The portal's library of exercise, meditation and yoga videos can be searched by title, difficulty, category type, equipment used or duration. From nutrition newbies to workout warriors, there's something for everyone!

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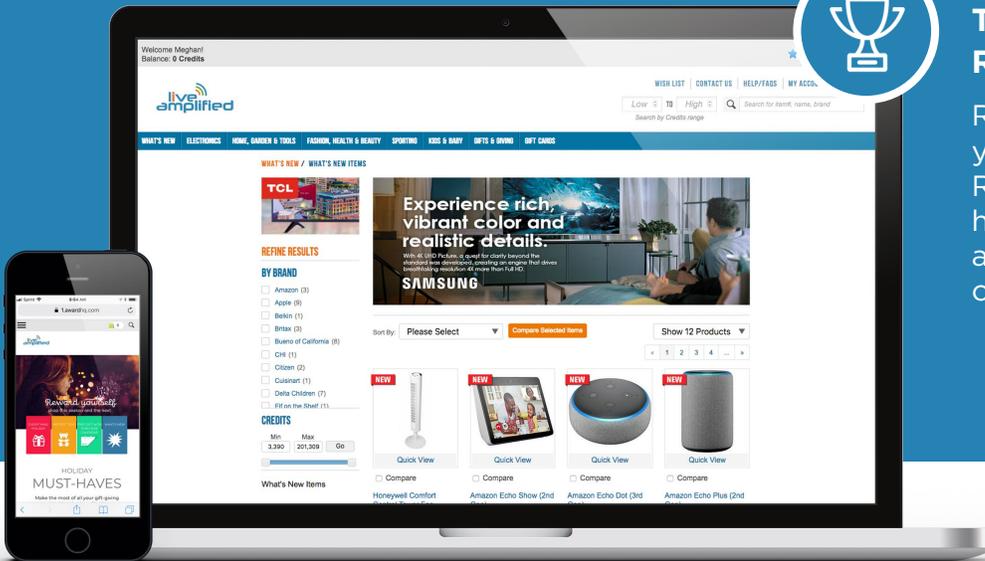
## Device and App Syncing

Sync your favorite health app or fitness device to the portal to easily track your activity minutes, step count, nutrition information, sleep hours, weight and more. If you wish, this data can also be entered manually.



## The Live Amplified Rewards Mall

Redeem the rewards credits you earn in the Live Amplified Rewards Mall, which offers hundreds of merchandise items, a wide variety of gift cards and options for charitable donation.



# Download the Navigate App!



Make it easier than ever to monitor your health-related behavior (activity, nutrition, etc.) and access information about your program details.

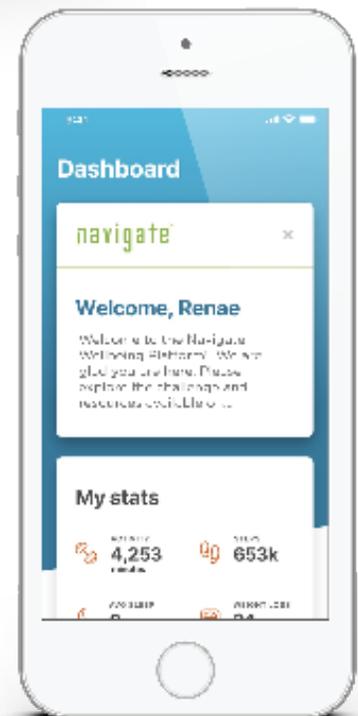
## App Download Instructions



1. Open the Apple App Store
2. Search for Navigate Wellbeing
3. Select **GET**
4. After the app downloads, tap it to open and follow the onscreen prompts to log in



1. Open the Google Play App Store
2. Search for Navigate Wellbeing
3. Select **Install**
4. After the app downloads, tap it to open and follow the onscreen prompts to log in



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