

# Year-Round Wellbeing E-newsletters

*Engage Your Audience and Showcase Platform Features*

## Navigate's Year-Round Wellbeing E-newsletters

Use monthly wellbeing e-newsletters from Navigate to drive traffic to your platform and make sure your audience engages with your program between group challenges!

Sample Newsletter

### What Are the Year-Round E-newsletters?

These monthly e-newsletters (12 total) are already included with the cost of your program—all you need to do is decide which ones to send. Some clients only send them between group challenges to maintain engagement, while clients with fewer program communications might send all twelve. It's all about what is best for your audience and program strategy!



### Your Options

*There are three campaign options available based on your program offering.*

#### Option 1

##### Platform Tips

*Included at the Fundamental tier*

These newsletters provide a brief overview of a different platform feature each month.

#### Option 2

##### Platform Tips and Wellbeing Education

*Included at the Enhanced and Optimized tiers*

In addition to the platform tip, each month of Option 2 includes an article with useful information that your audience can use to enhance their health.

#### Option 3

##### Custom

*We'll quote what you need!*

We're happy to determine the cost of creating new campaign content specifically for your program.

# Monthly Topics

*Choose the order of monthly topics to fit your year-round wellbeing communication needs.*

## Month 1

### Portal Tip:

Getting Started: Your User Profile and Settings

### Article:

Add Happiness and Health to Your Daily Routine

## Month 2

### Portal Tip:

Platform Tools and Resources Overview

### Article:

Meditation 101: Starting a Program

## Month 3

### Portal Tip:

My To-Do List

### Article:

Affordable Healthy Alternatives to Junk Food

## Month 4

### Portal Tip:

How to Participate in a Challenge

### Article:

Take Steps to Strengthen Your Budget

## Month 5

### Portal Tip:

Recipe Database

### Article:

Career Health and Happiness

## Month 6

### Portal Tip:

The Navigate Wellbeing Solutions App

### Article:

The Importance of Knowing Your Numbers

## Month 7

### Portal Tip:

Find Grocery Discounts

### Article:

Mental Health Misconceptions

## Month 8

### Portal Tip:

Track Health-Related Behavior

### Article:

The Dangers of Vaping and Smoking

## Month 9

### Portal Tip:

Exercise, Meditation and Yoga Videos

### Article:

Sleep More, Stress Less

## Month 10

### Portal Tip:

The Article Library

### Article:

Free Yourself from Smartphone Dependency

## Month 11

### Portal Tip:

Manage Your Favorites

### Article:

Gratitude, Gratitude, Gratitude

## Month 12

### Portal Tip:

Using the Portal to Enhance Your Health

### Article:

Meal Plans Prolong Diets and Save Money

