



The Power of 8

Comprehensive Resources Lead Participants to a Balanced, Healthy Lifestyle

Provide Affordable, Comprehensive Resources from Navigate (It's All About the Power of 8)

The resources hosted on our easy-to-administer platform adhere to our Power of 8 philosophy, which means everything on our platform (the Wellbeing Survey, our personal and group challenges, articles, videos and more) address the eight key pillars of wellbeing: **Purpose, Physical, Mindfulness, Nutrition, Social, Balance, Financial and Community.**



Purpose



Physical



Mindfulness



Nutrition



Social



Balance



Financial



Community

Today's employees expect more from a wellbeing program than simply attending a physical or having blood drawn. In fact, a whopping "87% of employees expect their employer to support them... beyond traditional health measures"!*

But the good news is that the results of an effective program are worth it:

89%

of workers at companies that support wellbeing initiatives are more likely to recommend their company as a good place to work.*

61%

of employees agree that they have made healthier lifestyle choices because of their company's wellbeing program.*

*<https://www.forbes.com/sites/nazbeheshti/2019/01/16/10-timely-statistics-about-the-connection-between-employee-engagement-and-wellness/#5e2f237122a0>

Why is it so important to provide a wide variety of comprehensive resources?

Because everyone is on their own unique wellbeing journey, and that journey is often about more than exercise and nutrition. All areas of a person's health are related, and disrupting one has ripple effects across all aspects of a person's wellbeing:

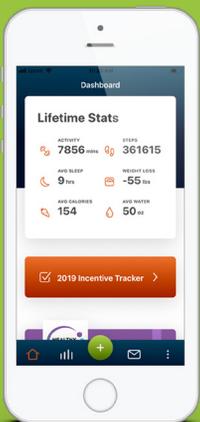


Allow Each Participant to Create a Unique Wellbeing Roadmap

The Power of 8 goes beyond challenges. All of our online resources offer something for everyone, from assistance with financial planning or reducing stress to improving nutrition and prioritizing proper sleep.

Participants are able to browse articles, recipes and videos, join personal challenges, create meal planners, track healthy behaviors (nutrition, step count, activity minutes, sleep hours, hydration and weight) and more!

Additional features, such as the Wellbeing Survey and Biometric Data Display, provide a convenient way for participants to learn about their health and review their personal history.



New for 2019, the Navigate Wellbeing App

The Navigate Wellbeing app makes it easier than ever for participants to access the features they need while they're on the go.

Contact Us to Learn More or Schedule a Platform Demo

We provide comprehensive support to program administrators as well as participants. How? Unlike a one-size-fits-all solution, we listen to our clients and understand the need for a program catered to your culture, budget and industry. We'll do the heavy lifting during implementation and we'll provide ongoing support year after year.

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Wellbeing Solutions