

PEC

Human Resources & Public Employee Committee

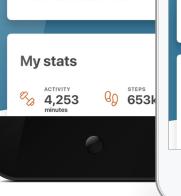
Dashboard

Dashboard

navigate

Welcome, Renae

Welcome to the Navigate Wellbeing Platform! We are glad you are here. Please explore the challenge and resources available on...





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How To Download



- 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 login



- 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 login

DOWNLOAD THE NAVIGATE WELLBEING SOLUTIONS APP

Holistic Wellbeing Resources Are a Few Taps Away

The Navigate Wellbeing Solutions App is now available as a free download in the Apple App Store and Google Play App Store!

The convenient and easy-to-use app is a perfect complement to your wellbeing portal that allows users to:

- Easily track health-activity behavior (step count, activity minutes, nutrition, hydration and sleep hours).
- Complete your group challenge tasks by tracking behavior.
- Send encouragement to one another in the Message Center.
- Seamlessly link the wellbeing portal for access to full resources: program overviews, recipes, videos and anything else someone might need while on the go.

The app syncs with the portal, so up-to-date information is always available from either a mobile or laptop. It is also free to download and use, so make sure you take advantage of this great new resource!