


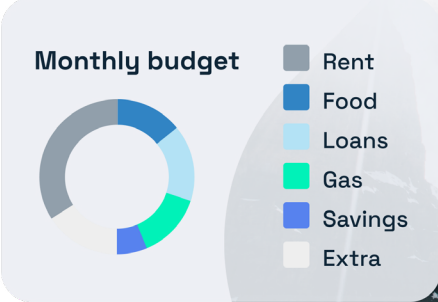



22 mins
Activity


16:39
Duration

2.41 Miles	108 KCal
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Recipe database



Reminders and notifications



30 day course
Nutrition & mental health

NJSD Wellness Program Guide

Hello and welcome to the NJSD Wellness 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 njsdwellness.com
2. Select JOIN NOW and follow the onscreen prompts.

Eligibility

The program is open to employees and spouses on the medical plan.

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

Earn rewards

You could earn a premium reduction 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.
- 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

There are two components to the NJSD Wellness program this year. First, eligible employees and spouses must complete the biometric screening and HRA through UHC. Doing so will earn you cash rewards. These two items will also be submitted to Navigate for points. The deadline to complete these two objectives is April 30, 2024.

Additionally, all employees must earn at least 500 points through Navigate by completing a choice of activities from the list below to earn the wellness premium incentive. All activities must be completed by August 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	Max completion
Required Activities		
Biometric Screening with UHC	100	1
Health Risk Assessment with UHC	100	1
Physical Wellbeing		
Navigate-generated Challenge	25	4
District-generated Challenge	10	10
Building-generated Challenge	10	2
Monthly Steps/Walking Activity Minutes Goal	20	8
Monthly Workout Activity	20	8
Participate in a Half-Marathon (or more) or other Running, Iron Man Activity	20	4
Sync a Device or App	15	1
Weekly Weight Tracking	1	10
Real Appeal or Other Weight Management	15	1
Vaccinations/Flu Shot	10	2
Primary Care Visit/Wellness Visit	100	1
Preventive Exams (Dental, Vision, Mammogram, Colonoscopy)	40	4
Schedule NJSD Health & Wellness Center/Clinic Appointment	25	2
Chiropractor Adjustment	5	5
Dermatology Appointment	10	2
Financial Wellbeing		
Visit with a Financial Advisor	20	2
Review your 403b/457 Contribution[s]	10	2
Add/Update a beneficiary to District/State Benefit Programs	5	2
Complete a Financial Video Course or Personal Challenge	10	6
WRS Webinar	10	1
Pay Off a Bill	5	4
Create a Budget	10	1
Community, Social, Purpose Wellbeing		
District/Group Sponsored Events	5	10
Volunteer at an Activity	20	3
Blood Drive	20	2
Complete a Community, Social, Purpose Video Course or Personal Challenge	5	5
Complete a CPR and/or First Aid Course	20	1
Participate in an Outside Professional Development Activity/Training	15	2
Social Event with Co-worker[s]	5	2
Mindfulness & Balance Wellbeing		
Listen to the NJSD Wellness Tip of the Week podcast	5	20
Mindfulness Video Course	5	5
Stress Management Activity	5	12
Meet with a Therapist/Counselor/Wellness Coach	25	1
Use EAP Counseling Services	25	1
Nutrition Wellbeing		
Talk with a Registered Dietitian on Healthy Eating Habits	20	2
Complete a Nutrition Video Course or Personal Challenge	5	5
Try a Navigate Healthy Recipe	5	10
Tracking Vegetable Intake	1	30
Tracking Water Intake	1	30
Healthy Weekly Meal Planning/Prepping	5	10

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.



Mindset Makeover

January 22 - February 18, 2024

Register

January 8 - 26, 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: Fly solo

Last day to record: February 21, 2024



Walk It Out

March 18 - April 28, 2024

Register

March 4 - 22, 2024

It's time to walk it out. Each week, you'll receive a new step goal as you walk, run, or jog towards 7,000 total steps per day. You will also receive weekly newsletters with tips to help you stay motivated and reach your goals.

How to complete:

Track your daily step count with the to-do list on your wellbeing platform. You will receive a new total step count goal each week.

Participate as: Team or fly solo

Team size: 2-10

Last day to record: May 1, 2024



Holistic Hero

May 20 - July 14, 2024

Register

May 6 - 24, 2024

Unlock the power of holistic wellbeing as we guide you through an enriching eight-week challenge. From your mental and physical health to finding purpose and fostering social connections, we'll explore the interconnectedness of all aspects of your wellbeing. Join us as we dive into the importance of balance, community, finances, mindfulness, nutrition, physical fitness, purpose, and social wellbeing, one week at a time.

How to complete:

Complete daily tasks, then visit the wellbeing platform and check "I Did This" on your challenge to-do list. Your daily task will change each week of the challenge.

Participate as: Fly solo

Last day to record: July 17, 2024



Navigating Nutrition

July 15 - August 25, 2024

Register

July 1 - 19, 2024

Say goodbye to restrictive diets and embrace a sustainable, mindful approach to nourishing yourself from the inside out. During this six-week challenge, you'll develop a deeper understanding of nutrition, learn to honor your body's signals, and cultivate a more balanced and fulfilling relationship with food.

How to complete:

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

Participate as: Fly solo

Last day to record: August 28, 2024

