
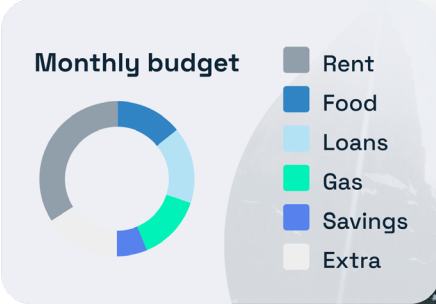




  
22 mins  
Activity

  
16:39  
Duration

2.41 Miles	108 KCal
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Recipe database

Reminders and notifications



30 day course  
Nutrition & mental health

# ISAC Program Guide

Hello and welcome  
to the ISAC 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 [isac.livehealthyignite.com](https://isac.livehealthyignite.com)
2. Select JOIN NOW and follow the onscreen prompts.

### Returning user

If you are a returning user, enter your username and password.

### Eligibility

The program is open to employees.

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

### Earn rewards

You could earn up to \$368 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.
- Browse recipes, videos, and articles.
- Sync a device.

# How to participate

## Complete program activities to earn rewards

An insured employee of the Group Health Program may earn up to a \$368 incentive, of which \$268 will be ran through their paycheck in November and reimbursed by ISAC. The other \$100 will come from VOYA as part of the accident insurance. ISAC will reimburse the county the incentive + employers FICA tax.

### Earning your incentive

\$100 - Completion of the fax form (reimbursed through VOYA)

\$25 - Completion of the Wellbeing Survey

Up to \$243 - Achieving 10,000 steps per day (\$1 a day February 1 – September 30, 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.

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#### Activity name

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Wellbeing Survey

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Physical / Preventative Exam

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Carebridge EAP Engagement

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### Questions? Contact:

[info@navigatewell.com](mailto:info@navigatewell.com) | (888) 282-0822