

2022

# ISAC Wellness program guide

Rewards, challenges, recipes, and more



## Welcome to your ISAC Wellness program!

This guide contains instructions for joining the program, completing requirements, and earning rewards.

Welcome to ISAC Wellness! We're glad you're here. This program—and the online platform at [isac.livehealthyignite.com](https://isac.livehealthyignite.com)—are here to help you focus on your mental, physical, and emotional health. There are resources to help you achieve your goals, no matter what they are.

Log in today and take the next step toward a healthier, happier future!

### Join your program:

Get started or log back in at [isac.livehealthyignite.com](https://isac.livehealthyignite.com)

### Earn rewards:

You could earn up to \$200 for participating! Learn how to qualify inside

### Eligibility:

The program is open to employees  
All qualifying activities must be completed by October 31, 2022

### Tools & resources:

- Join group and personal challenges.
- Recipes, articles, and health tracking.
- Sync apps and devices (or download the Navigate Wellbeing app.)
- Connect through the message center.

# How to participate

## Create an account

1. Visit [isac.livehealthyignite.com](https://isac.livehealthyignite.com)
2. Select **JOIN NOW** and follow the on screen prompts.

## Returning user

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

## 24/7 resources

Rewards are great, but so is looking after your personal wellbeing. Use the platform to achieve your personal goals and your program goals with tools focused on your physical, mental, and emotional health.

- Download the Navigate Wellbeing app.
- Participate in group and personal wellbeing challenges.
- Browse recipes, videos, and articles.
- Sync a device or manually track your step count, activity minutes, sleep hours, nutrition information, and more!

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.



Questions? Contact:  
[questions@mercyonecustomer care.com](mailto:questions@mercyonecustomer care.com)  
(844) 325-4378

## Complete program activities to earn rewards

An insured employee of the Group Health Program may earn up to a \$200 incentive of which \$125 will be ran through their paycheck in November and reimbursed by ISAC. The other \$75 will come from Reliance Standard as part of the accident insurance. ISAC will reimburse the county the incentive + employers FICA tax.

- \$75 completion of the physical/preventative exam (reimbursed through accident insurance.)
- \$25 completion of the online assessment.
- Up to \$100 by completing an activity under four different wellness pillars.

## Your program activities

Visit the activities table on your platform dashboard for more detail about completion requirements and to track your progress in the program.

Activity name	Maximum completion
Wellbeing Survey	1
Physical	1
Physical Wellness Pillar	1
Financial Wellness Pillar	1
Social Wellness Pillar	1
Nutrition Wellness Pillar	1
Balance Wellness Pillar	1
Mindfulness Wellness Pillar	1
Purpose Wellness Pillar	1