

## ISAC Wellness

# Program Guide

▶ **Join now: [isac.livehealthyignite.com](https://isac.livehealthyignite.com)**

**New users**, follow the steps below. **Returning users**, enter your username and password.

1

**Go to** your ISAC Wellness website and select **JOIN NOW**. Register with your name and email.

2

**Enable** multi-factor authentication (MFA). Instructions are available on the portal after you log in.

3

**Download** the Navigate Wellbeing app for a convenient way to track your activities.



**Eligibility:** The program is open to employees. All qualifying activities must be completed by October 31, 2025.

**Earn rewards:** You could earn up to \$367 for participating! Learn how to qualify inside.

**View specific challenge details and requirements on your wellbeing portal.**

## ▶ 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.

## ▶ How to participate:

### Complete program activities to earn rewards

The ISAC Wellness Program will run between January 1 and October 31, 2025.

An insured employee of the Group Health Program may earn up to a \$367 incentive, of which \$267 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 accident insurance

\$25 - Completion of the Wellbeing Survey

Up to \$242 - achieving 10,000 steps per day (\$1 a day February 1st – September 30th).

### 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	Maximum completion
<b>Activities</b>		
Wellbeing Survey	0	1
Physical / Preventative Exam	0	1
County V County Challenge 1	0	1
County V County Challenge 2	0	1
<b>New Employees Only - Activities to Earn a Free Fitbit</b>		
Carebridge EAP Engagement	0	1

#### Questions? Contact:

[info@navigatewell.com](mailto:info@navigatewell.com)

(888) 282-0822

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**ISAC**  
Iowa State Association of Counties