



2022-2023

# Newton Community School District Wellbeing program guide

Rewards, challenges, recipes,  
and more



## Welcome to your Newton Community School District Wellbeing program!

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

Welcome to the Newton Community School District Wellbeing program! We're glad you're here. This program—and the online platform at [ncsd.livehealthyignite.com](https://ncsd.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 [ncsd.livehealthyignite.com](https://ncsd.livehealthyignite.com)

### Earn rewards:

You could earn a jacket, t-shirt, and a \$50 wellness stipend check for participating! Learn how to qualify inside.

### Eligibility:

The program is open to employees. All qualifying activities must be completed by May 31, 2023.

### Tools & resources:

- Complete Video Learning courses
- 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 [ncsd.livehealthyignite.com](https://ncsd.livehealthyignite.com)
2. Select **JOIN NOW** and follow the onscreen 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.
- Complete Video Learning courses.
- Participate in group and personal wellbeing challenges.
- Create your own Snap Challenge to fit your goals.
- Spark friendly competition with Challenges Stakes with your peers.
- Browse recipes, videos, and articles.
- Sync a device or manually track your step count, activity minutes, sleep hours, nutrition information, and more!

## Complete program activities to earn rewards

Earn 300 out of 500 available points to earn a jacket, t-shirt, and \$50 wellness stipend check.

### 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	Points	Maximum completion
Biometric Screening	50	1
Wellbeing Survey	50	1
Flu shot	25	1
Be the Spark	75	1
Brighten Your Mood	75	1
Spring Into Shape	75	1
Personal Challenges	25	6



# 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.

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  
(844) 325-4376



### Be the Spark

September 26 - October 23, 2022

*Register*

*September 19 - October 2, 2022*

You have the power to make a difference—for yourself and for those around you! Join this challenge for four weeks of positivity and connectedness. Each day, you'll complete tasks that spark positivity in your home, in your community, and in yourself. Join now and Be the Spark for someone's great mood.

#### How to complete:

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

**Participate as:** Team or fly solo

**Team size:** 2-10

**Last day to record:** October 30, 2022



### Brighten Your Mood

January 9 - February 5, 2023

*Register*

*January 2 - 15, 2023*

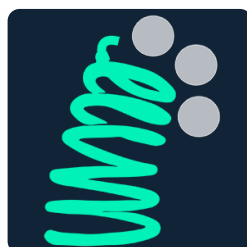
From stubbed toes to personal woes, sometimes it seems like the world is out to ruin your sunny disposition. Join this four-week challenge for tips, tricks, and strategies you can use to focus on the positive and remain resilient in the face of obstacles big and small.

#### 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 12, 2023



### Spring Into Shape

April 3 - 30, 2023

*Register*

*March 27 - April 9, 2023*

The grass is green, the air is getting warmer, and the flowers are starting to bloom—time to head outside and get moving! Join this four-week group challenge and track your activity minutes as you learn best practices for exercising your body and refreshing your spirits in the great outdoors.

#### How to complete:

Track your daily activity minutes with the to-do list on your wellbeing platform.

**Participate as:** Team or fly solo

**Team size:** 2-10

**Last day to record:** May 7, 2023