



NJSD Wellness

Program Guide

► **Join now: www.njسدwellness.com**

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

1

Go to your NJSD Wellness website and select **JOIN NOW**.

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 and spouses on the medical plan.

All qualifying activities must be completed by August 31, 2025.

Earn rewards: You could earn a premium reduction for participating! Learn how to qualify inside.

► **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.



Work Toward Balance
Jan. 27 – Feb. 23, 2025

Registration:
Jan. 13 – Jan. 31, 2025



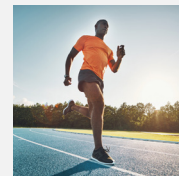
Step-tacular
Mar. 24 – Apr. 20, 2025

Registration:
Mar. 10 – Mar. 28, 2025



Don't Wait, Hydrate
May 19 – June 15, 2025

Registration:
May 5 – May 23, 2025



Steps Sprint
Aug. 11 – Aug. 24, 2025

Registration:
Aug. 4 – Aug. 15, 2025

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.
- Create your own “snap challenges” and invite others to join.
- Stay connected and recognize teammates on the social wall.
- Browse recipes, videos, and articles.

How to participate:

Complete program activities to earn rewards

There are three components to the NJSD Wellness Program this year.

First, all benefit eligible employees and spouses must complete the Navigate Wellbeing Survey. This activity can be completed within Navigate and is listed below for points. The deadline to complete objective is February 28th, 2025.

Second, all benefit eligible employees and spouses must complete the Navigate Wellbeing Survey and either a Biometric screening or Primary Care Visit / Wellness Visit with your Doctor. The deadline to complete both activities by August 31, 2025.

Third, 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, 2025.

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
Required Activities		
Wellbeing Survey	100	1
Required Activities - Complete either/or (or both)		
Biometric Screening	100	1
Primary Care Visit / Wellness Visit	100	1
Physical Wellbeing		
Navigate-generated Challenge	25	4
District or Building generated Challenge	20	5
Monthly Steps/Walking Activity Minutes Goal	20	8
Monthly Work-out Activity	20	8
Participate in a 5k (or more) or other running activity	20	4
Sync a Device or App	15	1
Weekly Weight Tracking	5	12
Weight Management Program	15	1
Vaccinations/Flu Shot	10	2
Preventive Exams (dental, vision, mammo, colonoscopy)	40	4
Schedule NJSD Health & Wellness Center/Clinic Appointment	25	2
Chiropractor Adjustment	5	5
Dermatology Appointment	10	2

Questions? Contact:

info@navigatewell.com

(888) 282-0822



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	10	10
Volunteer (2 hour min.)	20	3
Blood Drive	25	2
Plasma	25	2
Support a local business or charity	20	2
Annual State Park Pass	30	1
Sports League	50	2
Complete a Community, Social, Purpose Video Course or Personal Challenge	10	5
Complete a CPR and/or 1st Aid Course	20	1
Participate in an Outside Professional Development Activity/Training	15	2
Social Event with Co-worker(s)	20	4
Mindfulness & Balance Wellbeing		
Listen to the NJSD Wellness Tip of the Week podcast	10	10
Mindfulness Video Course	10	5
Stress Management Activity	5	12
Meet with a Therapist/Counselor/Wellness Coach	25	2
Use EAP Counseling Services	25	4
Nutrition Wellbeing		
Talk with a Registered Dietitian on Healthy Eating Habits	20	2
Complete a Nutrition Video Course or Personal Challenge	10	5
Try a Navigate Healthy Recipe	10	10
Tracking Vegetable Intake	5	30
Tracking Water Intake	5	30
Healthy Weekly Meal Planning/Prepping	10	10

Questions? Contact:
info@navigatewell.com
(888) 282-0822

