

# Download the Navigate Wellbeing Solutions App

Holistic Wellbeing Resources Are a Few Taps Away



The Navigate Wellbeing Solutions App is available as a free download in the Apple App Store and Google Play App Store!

The convenient and easy-to-use app is a perfect complement to your wellbeing portal that allows users to:

- Easily track health-activity behavior (step count, activity minutes, nutrition, hydration and sleep hours).
- Complete your group challenge tasks by tracking behavior.
- Send encouragement to one another in the Message Center.
- Seamlessly link the wellbeing portal for access to full resources: program overviews, recipes, videos and anything else someone might need while on the go.

The app syncs with the portal, so up-to-date information is always available from either a mobile or laptop. It is also free to download and use, so make sure you take advantage of this great resource!

## How To Download



1. Open the Apple App Store
2. Search for Navigate Wellbeing
3. Select GET
4. After the app downloads, tap it to open and follow the onscreen prompts to login



1. Open the Google Play App Store
2. Search for Navigate Wellbeing
3. Select Install
4. After the app downloads, tap it to open and follow the onscreen prompts to login