

Launching July 2022

# Navigate Total Health™

A personalized, holistic approach to wellbeing, risk management, and a culture of care that will make your team and your business healthier – now and in the future.



Help your people feel better by feeling cared for.

## Why Total Health is different

- ✔ It creates a culture of care for your people as you manage costs and deliver value on your investment.
- ✔ It builds a shared responsibility for your team's health, with a focus on protecting their wellbeing and managing their risk factors.
- ✔ It's collaborative, promoting benefits that your organization already offers.

## How it works

- 01. A place to start.** Beginning with our Total Health Survey, we gather data on lifestyle, medical and family history, biometrics, and personal goals.
- 02. A personalized plan.** From there, Total Health will provide users with a personalized program to help them build a path to a healthier, happier life.
- 03. A wellbeing tracker, challenges, video learning, social engagement, events calendar, resource hub, and rewards.**
  - Progress measurement
  - Video learning
  - Health coaching
  - Incentives and rewards
  - Group and personal challenges
  - Promotion of your own benefit programs
- 04. Proof points.** Navigate will provide the data on how well your organization is doing—and how you're able to reduce participants' risk factors and lower your own costs in the process.
  - Track participation, program progress, challenges, device utilization, and more.
  - Monitor organization-wide biometric risk trends.
  - Review real-time engagement rates 24/7.
  - Deliver regular pulse surveys – how is your team feeling today?
  - Use data to understand your team's overall performance within each of Navigate's 8 Pillars of Wellbeing: balance, community, financial, mindfulness, nutrition, physical, purpose, and social.



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