
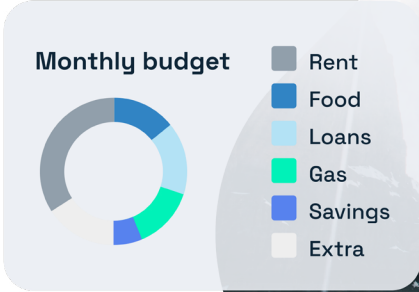

22 mins
Activity


16:39
Duration

2.41 Miles	108 KCal
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Recipe database



Reminders and notifications

2024 | January 1 – December 15

Empower Your Wellbeing Program Guide

Hello and welcome to the Empower Your Wellbeing Wellbeing program!

We're thrilled to have you join us on this journey towards holistic wellbeing. Whether you're looking to boost your physical activity, gain a better understanding of your financial health, enhance your nutritional habits, or nurture your emotional and mental wellbeing—we've got you covered.

Log in to learn more about the tools and resources available in your program.



After creating your account, 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.

Join your program

For Colleagues - Single Sign-On:

1. Visit NOW homepage
2. Click on Quicklinks > Empower Your Wellbeing
3. You may be prompted to enter your Nebraska Medicine credentials or you may be taken directly to your Empower Your Wellbeing account.

Spouses:

1. Visit nebraskamed.com/empower
2. Select JOIN NOW and follow the onscreen prompts. Use EEID with an S on the end.
3. Follow the onscreen instructions to set up Multi-Factor Authentication (MFA).
4. Remember to save your backup codes!
5. Once MFA has been set up, you can login to the Empower Your Wellbeing Program

Eligibility

The program is open to all employees and medically covered spouses.

All qualifying activities must be completed by December 15, 2024.

Earn rewards

You could earn incentives for participating! Learn how to qualify inside.

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.
- Spark friendly competition by adding stakes to group challenges.
- Stay connected and recognize teammates on the social wall.
- Browse recipes, videos, and articles.
- Sync a device or manually track your step count, activity minutes, sleep hours, nutrition information, and more!

How to participate

Complete program activities to earn rewards

When a colleague completes the online Total Health survey and earns 7,500 Empower points, they may be eligible for incentives, based on the Nebraska Medicine medical plan type.

Spouses may be eligible for additional incentives on select Nebraska Medicine medical plans by completing the online Total Health survey in the portal.

Colleagues not on the medical plan can be entered into multiple prize drawings for rewards mall points by completing activities throughout the year.

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.

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.



Emotional Side of Money Management

January 8 - March 3, 2024

Register
December 18 - January 14, 2024

If money brings up a lot of emotions for you, you're not alone. Our relationship with money is just as personal and valuable as any other relationship in our life.

Whatever your circumstances, financial worries can wear you down physically and emotionally. More seriously, they can impact your behavior, affect your sleep, impede your ability to concentrate, and harm your job performance, relationships, and self-esteem. Learn ways to build a healthier relationship with money.

How to complete:

To earn points for this challenge, complete the weekly tip for managing the emotional impacts of financial stress.

Participate as: Team and fly solo

Team size: 2 to 20

Last day to record: March 10, 2024



Navigating Nutrition

June 17 - July 28, 2024

Register
June 3 - June 23, 2024

Say goodbye to restrictive diets and embrace a sustainable, mindful approach to nourishing yourself from the inside out. During this six-week challenge, you'll develop a deeper understanding of nutrition, learn to honor your body's signals, and cultivate a more balanced and fulfilling relationship with food.

How to complete:

Complete your daily tasks, then visit the wellbeing platform and check "I Did This" on your challenge to-do list. For tips on sustainable, healthy nutrition, review your challenge guide.

Participate as: Team and fly solo

Team size: 2 to 20

Last day to record: August 4, 2024



Holistic Hero

July 15 - September 8, 2024

Register
June 24 - July 21, 2024

Unlock the power of holistic wellbeing as we guide you through an enriching eight-week challenge. From your mental and physical health to finding purpose and fostering social connections, we'll explore the interconnectedness of all aspects of your wellbeing. Join us as we dive into the importance of balance, community, finances, mindfulness, nutrition, physical fitness, purpose, and social wellbeing, one week at a time.

How to complete:

Complete daily tasks, then visit the wellbeing platform and check "I Did This" on your challenge to-do list. Your daily task will change each week of the challenge—you can find tips and tricks for completing your to-dos in the Beginner challenge guide.

Participate as: Team and fly solo

Team size: 2 to 20

Last day to record: September 15, 2024



Volunteering Challenge

October 7 - December 1, 2024

Register
September 16 - October 13, 2024

Nonprofits consistently step up for our communities. Now, it's our turn to step up for them. Collectively, we can turn the tide on getting nonprofits the resources they need. As social good organizations prepare for a busy holiday season, let's mobilize our incredible talents and skills in support of their important social missions.

How to complete:

Our challenge for you – sign up for at least one volunteer opportunity during the holiday season.

Let's help connect our areas of expertise with organizations fighting for good so we can help each other contribute to the causes we care about!

Participate as: Team and fly solo

Team size: 2 to 20

Last day to record: December 8, 2024