



Welcome to Healthy Actions

Join Your Program

Ready to get started?

Sign up today to take your first steps toward better wellbeing.

Key Dates

Program year:

Jan. 5, 2026 – Dec. 31, 2026

Deadline:

Complete your activities by **Dec. 31, 2026**.

Your Rewards

Earn up to \$300! All points you earn convert to dollars toward your paycheck, up to the maximum of \$300. A minimum of 25 points is required to receive any incentive.

Get Started

Step 1:

Go to harriscountywellbeing.livehealthyignite.com.

Step 2:

Click **JOIN NOW** and verify your identity using your SSN/DOB.

Step 3:

Enable multi-factor authentication (MFA). Instructions are available on the portal after you log in.

Download App



Download the Navigate Wellbeing app for a convenient way to track your activities.

Your program: Purpose & Benefits

Along your journey, we'll assist you in making positive changes that lead to a healthier lifestyle. By engaging in different programs, you'll begin to form healthy habits through physical activity and improved nutrition. Simple solutions help lead to a healthier you by eating well, living well, saving well, sleeping well, breathing well, and playing well.

How to Participate

Eligibility

All Harris County employees and their spouses are eligible to participate.

Note: While spouses are encouraged to participate, they are not eligible for incentive rewards.

How to complete your program

Complete your choice of activities to earn points. Each point equals one dollar toward your incentive, up to \$300. Track your progress through the portal or mobile app.

Explore your portal to discover a wide range of activities and opportunities to earn points toward your rewards. With options like preventive care, health coaching, group challenges, and more, you can choose the ways that best fit your lifestyle and goals.



Workouts:

Access dynamic workouts that challenge and motivate you to reach your fitness goals!



Aetna Health Coaching:

Working with a Health Coach can help you manage your chronic condition, improve your lifestyle, and reach other health goals. Connect one-on-one with an Aetna Health Coach and reach a goal.

Your Program Checklist

Getting Started

- ☐ Log in to your portal
- ☐ Complete your survey
- ☐ Download the mobile app
- ☐ Sync your fitness tracker or app

Explore Features

- ☐ Watch video courses
- ☐ Join a personal challenge
- ☐ Track your progress on the dashboard
- ☐ Check out resources like articles and recipes
- ☐ Learn how to earn wellness incentives

Make the most of wellbeing program and take control of your journey today!

Here's what you can expect:

- Access tools and resources anytime, anywhere.
- Get personalized challenges and courses for your goals.
- Track your progress with simple tools.
- Discover expert tips, recipes, and guides
- Achieve your goals. Visit your wellbeing platform now and start living healthier, happier, and more balanced today!

Questions? Contact:

info@navigatewell.com
(888) 282-0822

Group Challenges



New Years RESTolutions: January 19–March 1, 2026

Registration: January 5–25, 2026



Plan it for the Planet: April 6–May 3, 2026

Registration: March 23–April 12, 2026



Hydro Hustle: June 8–July 5, 2026

Registration: May 25–June 14, 2026



Savings Showdown: August 10–September 6, 2026

Registration: July 27–August 16, 2026



Take the Field: October 12–November 8, 2026

Registration: September 28–October 18, 2026

Make the most of
wellbeing program
and take control of
your journey today!

Here's what you can expect:

- Access tools and resources anytime, anywhere.
- Get personalized challenges and courses for your goals.
- Track your progress with simple tools.
- Discover expert tips, recipes, and guides
- Achieve your goals. Visit your wellbeing platform now and start living healthier, happier, and more balanced today!

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

Healthy Actions Activity Table

Activity Name	Points	Max. completion
Connection Starts Here		
Total Health Survey	25	1
NavigateYou	15	1
What Matters To You		
Your Course Recommendation	5	1
Your Personal Challenge Recommendation	5	1
Your Resource Recommendation	5	1
Your Health Recommendation	5	1
My Preventive Care-Exams		
Complete your annual exam with your physician	50	1
Get a flu shot	10	1
Get a mammogram	30	1
Get your annual OB/GYN exam	30	1
Get a colon cancer screening	30	1
Get a prostate cancer screening	30	1
Complete a routine vision exam	20	1
Complete a routine dental cleaning	20	2
Harris County Programs		
Complete a goal with an Aetna Health Coach	100	1
Complete Omada Program	150	1
Complete County-coordinated Mental Health First Aid training class	75	1
Complete a Harris County Wellness Series (Must attend all 3)	25	4
Fun Navigate Activities for Points		
Complete a Workout through Navigate	10	5
Complete the Harris County Employee 5K	15	1
Meet with a 457 Financial Advisor	10	1
Group Challenges	50	5
Personal Challenges	30	4
Video Courses	30	4
Activity Minute Tracker	10	5
Download the Navigate App	5	1