



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 at least 100 points to receive a \$100 gift card. The incentive payout will take place after program completion.

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 retirees, Local Area Agreement and Chapter 615 employees are eligible to participate.

How to complete your program

Complete your choice of activities to earn at least 100 points and receive a \$100 gift card. 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

Group Challenges



New Years RESolutions: 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	Maximum completion
Connection Starts Here		
Total Health Survey	10	1
NavigateYou	10	1
What Matters To You		
Your Course Recommendation	5	1
Your Personal Challenge Recommendation	5	1
My Preventive Care-Exams		
Complete your annual exam with your physician	20	1
Complete a routine vision exam	20	1
Complete a routine dental cleaning	20	2
Get a flu shot	10	1
Harris County Programs		
Complete a goal with an Aetna Health Coach	25	1
Complete the Harris County Employee 5K	15	1
Fun Navigate Activities for Points		
Complete a Workout through Navigate	10	5
Group Challenges	25	5
Personal Challenges	20	4
Video Courses	20	4
Activity Minute Tracker	10	5
Download the Navigate App	5	1