



# THE UNIVERSITY OF KANSAS HEALTH SYSTEM

  
Purpose

  
Physical

  
Mindfulness

  
Nutrition

  
Social

  
Balance

  
Financial

  
Community

## Wellness Program *Highlights*

- Available free to all employees plus spouses of employees who enroll in medical benefits
- Rich resources at your fingertips in a convenient portal and app
- 8 epic pillars of wellness create a holistic approach
- Personalize your own wellness journey

### 3 EASY STEPS TO CREATE AN ACCOUNT:

[kansashealthsystemwellness.com](https://kansashealthsystemwellness.com)

1. Click "JOIN NOW" on the right
2. Enter your name, then Employee ID as your unique ID
  - Kansas City: Employee ID is on the back of your badge
  - Greater Kansas and University of Kansas Physicians: Employee ID is in your profile information in Workday
3. Follow the screen prompts to create your username and password

IT'S ABOUT



YOU

### PORTAL FEATURES:

- Interactive wellness wall to track your progress and growth
- Ability to sync with your fitness device or log activity manually
- Self-initiated individual and team challenges
- Health system-wide group challenges
- Extensive library of articles about all aspects of health
- Webinars
- Video courses
- Events, activities and classes
- Recipes, cooking videos and workouts
- Social networking
- Monthly newsletters

### QUESTIONS?

For help logging in:

[info@navigatewell.com](mailto:info@navigatewell.com) or 888-282-0822

For "It's About You" information:

[wellness@kumc.edu](mailto:wellness@kumc.edu)

Download the "Navigate Wellbeing" App

