

2023-2024

CCI Wellness

Program Guide



Welcome to the CCI Wellness program!

No matter what your wellbeing-related goals are, we have tools and resources to help. Want to move more? Understand your finances? Improve your nutrition? Visit cci.livehealthyignite.com for challenges, articles, videos, and more resources to help you enhance or maintain your mental, physical, and emotional health.

Log in today and start your journey to a holistically healthy you.

Join your program:

Get started or log back in at cci.livehealthyignite.com

Earn rewards:

You could qualify for the wellness discount by participating! Learn how to qualify inside.

Eligibility:

The program is open to employees on the medical plan.

All qualifying activities must be completed by September 30, 2024.

Tools & resources:

- Join group and personal challenges.
- Recipes, articles, and health tracking.
- Sync apps and devices (or download the Navigate Wellbeing app.)
- Connect through the message center.

Create an account

1. Visit cci.livehealthyignite.com
2. Select JOIN NOW and follow the onscreen prompts.
Your unique ID is your employee ID.

Returning user

If you are a returning user, enter your username and password.

24/7 resources

Rewards are great, but so is looking after your personal wellbeing. Use the platform to achieve your personal goals and your program goals with tools focused on your physical, mental, and emotional health.

- Download the Navigate Wellbeing app.
- Participate in group and personal wellbeing challenges.
- Browse recipes, videos, and articles.
- Sync a device or manually track your step count, activity minutes, sleep hours, nutrition information, and more!

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.



Questions? Contact:

info@navigatewell.com
(888) 282-0822

How to participate

Complete program activities to earn rewards

Eligible CCI employees (medical plan participants hired on or before July 1, 2024) have until September 30, 2024, to complete the listed program requirements to qualify for the wellness discount in 2025.

Program requirements are outlined in the table below and must be completed by September 30, 2024.

To view more information about each activity, and information on how to complete the activity, log in to the platform click on the activity title or the "More Info" next to each activity.

Note: Some activities will be automatically updated and cannot be marked as complete by the user. To complete activities that can be self-reported, click "Complete This" next to the activity.

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.

Activity name

Physician Form Upload and Biometric Values

Wellbeing Survey

Access Employee Assistance Program (EAP)

Financial Wellbeing - 401(k) Beneficiary
