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Get More Sips

Create a Morning Routine

Fill a water container in the morning before you start the day.

Make Water Portable

Carry a water bottle with you during the day and refill as needed.

Set Sip Reminders

Set reminders to take sips periodically throughout the day.

Your Wellbeing Activity

Hydration Challenge

Active bodies need to stay hydrated. Fill a water bottle in the morning and carry it with you throughout the day. Set reminders to take sips periodically to stay hydrated all day long.



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This newsletter/poster is provided for general informational purposes only and should not be considered medical advice, diagnosis or treatment recommendations.