

2021

MFBWell Program Guide

Rewards, Challenges, Recipes and More



Join your Program:

Get started at mfbwell.com



Earn Rewards:

Participate to earn up to \$200 in credits. More details inside.



Eligibility:

Employees



Important Dates:

Turn in your certification form by November 30, 2021.

Complete other activities January 1 - December 31, 2021



Tools & Resources:

Go beyond the program requirements and focus on your physical, mental and emotional health all year long.



Welcome to your 2021 MFBWell Program

This guide contains instructions for joining the program, completing requirements and earning rewards.

Why participate in a wellbeing program?

Caring for your mental, emotional and physical health is about more than numbers, it's about personal growth. Your portal is jam packed with resources that help you continue your wellbeing journey, no matter where you are on the path. And the program is a place to connect with others—as you learn and grow, you'll also get to know your teammates, support each other's successes and find plenty of opportunity for fun, friendly competition. Log in today and take the next step toward a healthier, happier future!



How to Participate

Complete Program Activities to Earn Rewards

Participate to reach reward levels and earn up to \$200 in credits. The credit at each level is cumulative (Level 3 = \$25 + \$50 + \$125). Each objective may only be completed once.

Level 1 = \$25 Credit

- Complete your annual preventive exam and turn in your certification form by November 30, 2021
- Pick 2 objectives from the list to complete

Level 2 = \$50 Credit

- Level 1 Objectives +
- Pick 4 additional objectives from the list to complete

Level 3 = \$125 Credit

- Level 1 + Level 2 +
- Pick 4 additional objectives from the list to complete

Your Program Activities

Visit the activities table on your platform dashboard for more detail about completion requirements and to track your progress in the program.

Activities	Description
Preventive Exam	We believe that an annual visit with your primary care physician is vital in assessing your overall health and coordinating any preventative care you may need.
Family	Family means that we share a faithful commitment to each other and our vision. Participate in trivia to test your knowledge of the Manatt's Family of Businesses.
Excellence	Last year was full of challenging crises, testing our strength and resilience. Share how you overcame last year's obstacles.
Human Potential	Human Potential is about aspiring to be the best version of ourselves. Complete the 2021 wellbeing survey for recommended personal challenges.
What is Your Why?	Those thriving with purpose wellbeing have a deep purpose in life and wake up every morning with something to look forward to. Share what would you be doing with your life if you didn't have to worry about finances.
Live in Service	Throughout the course of our lives, living in service to others promotes deeper social interaction, enhanced meaning and purpose, and a more active lifestyle. Complete the Heart-Led Leader video learning course for this objective.
Deeper Connections	Surrounding yourself with people who encourage your development and growth can be instrumental in your personal wellbeing journey. Complete the Mental Health video learning course for this objective.
Financial Security	Planning for your financial future is a vital part of providing security and reducing stress in your life. Complete one video learning course on financial health.
Group Challenge	Four group challenges will be offered throughout the year. Complete one group challenge to reach this objective.
Personal Challenges	Personal wellbeing challenges can be completed at any time and cover a wide range of areas from nutrition, exercise, financial, social, etc. Complete one personal challenges in 2021 for this objective.
Video Learning Course	From the Video Learning catalog, select one to complete in 2021 for this objective.

Create an Account

1. Visit mfbwell.com
2. Select **JOIN NOW** and follow the on screen prompts.

Returning User

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

Your Resources

Better health is the gift that keeps on giving. Go beyond the program requirements and use your wellness portal all year long to focus on your physical, mental and emotional health.

- Download the Navigate Wellbeing app.
- Complete video learning courses.
- Participate in group and personal wellbeing challenges.
- Create your own Snap Challenge to fit your goals.
- Spark friendly competition with Challenges Stakes with your peers.
- Stay connected and recognize teammates on the social wall.
- Browse recipes, videos and articles.
- Sync a device or manually track your step count, activity minutes, sleep hours, nutrition information and more!



Group Challenges

What are Group Challenges?

Group Challenges are a great way to stay connected with your organization, engage in healthy activities, and earn points towards your wellness reward.

Group Challenge participants will have access to a downloadable challenge guide with tips and advice on how to complete your challenge. In addition, you'll receive weekly emails to keep you on task and remind you to record in the portal.



YML Budgeting

January 11 - March 7, 2021
Register January 4 - January 17, 2021

Does your budget work for you? If you aren't actively working on it each month, it might not be. Each week of this 8-week challenge, watch a video and complete a related task. You'll learn to determine the right budget for your personal situation, set achievable financial goals and more.

How to complete:

Earning 7 points or more (completing at least 7 of the 8 weeks)

Participate as: Fly Solo	Team size: N/A
Last day to record: 3/14/21	Point value: N/A



Get Physical

August 2 - September 19, 2021
Register July 26 - August 8, 2021

Grab your best neon spandex and get ready to move! Each week of this 6-week activity challenge, you'll receive newsletters with workout tips, playlists from the 80s and other useful information you can use to sustainably improve your wellbeing.

How to complete:

Track at least 30 minutes of activity for minimum 30 of the 42 days.

Participate as: Team or Fly Solo	Team size: 2-10
Last day to record: 9/16/21	Point value: N/A



Renew You

May 3 - May 30, 2021
Register April 26 - May 9, 2021

These days there's a lot of talk about self-care, work/life balance and a need to focus on the "important" things in life. But how do you turn that talk into action? During this 4-week challenge, weekly tasks will help you refresh your perspective and revive your positivity. Join and enjoy the benefits of a renewed you!

How to complete:

Earn 4 points (complete all 4 of 4 tasks).

Participate as: Fly Solo	Team size: N/A
Last day to record: 6/6/21	Point value: N/A



Balanced Bites

November 8 - December 19, 2021
Register November 1 - November 14, 2021

Eating healthy on a day-to-day basis requires a bit of planning and a lot of willpower, but Balanced Bites is here to help. This 6-week nutrition challenge helps you understand general dietary guidelines and gives plenty of tips for following them.

How to complete:

30 points or more (completing at least 30 of 42 days)

Participate as: Team or Fly Solo	Team size: 2-10
Last day to record: 12/26/21	Point value: N/A

Questions? Contact:

info@navigatewell.com
(888) 282-0822



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