



2023-2024

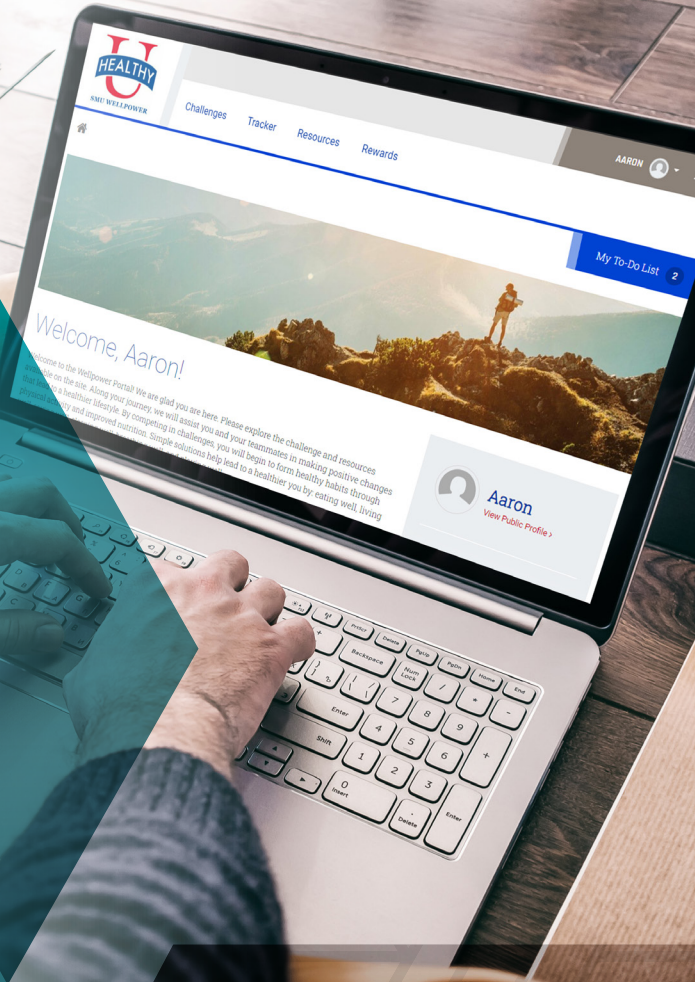
SMU Wellpower

# Program Guide

## Welcome to the SMU Wellpower 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 the platform 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:

Visit [smu.edu/wellpower](https://smu.edu/wellpower) and click "Log in".

If you are interested in signing your spouse up for the SMU Wellpower Portal, please email [wellpower@smu.edu](mailto:wellpower@smu.edu) with the following information:

- SMU faculty/staff name AND ID
- Spouse name
- Spouse email
- Spouse date of birth

After being added, spouses will need to create their own account by going to [smu.edu/wellpowerspouse](https://smu.edu/wellpowerspouse) and clicking "Join Now".

### Earn rewards:

You could earn up to 11,000 credits in the rewards mall for participating! Learn how to qualify inside.

*Note: Spouses are not eligible for incentives.*

### Eligibility:

The program is open to all employees and spouses.

All qualifying activities must be completed by July 31, 2024.

### Tools & resources:

- Complete Video Learning Courses.
- Join group and personal challenges.
- Recipes, articles, and health tracking.
- Sync apps and devices (or download the Navigate Wellbeing app.)
- Connect on the social wall, photo gallery, or message center.

## Access your account

Visit [smu.edu/wellpower](https://smu.edu/wellpower) and click “Log in”.

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## 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.
- Complete Video Learning Courses.
- Participate in group and personal wellbeing challenges.
- Create your own “snap challenges” and invite others to join.
- Browse recipes, videos, and articles.
- Sync a device or manually track your step count, activity minutes, sleep hours, nutrition information, and more!

# How to participate

## Complete program activities to earn rewards

Earn up to 11,000 credits in the rewards mall. One point is equal to one credit in the rewards mall. Activities can be tracked until July 31, 2024.

### Your program activities

Visit the tracking table on your platform dashboard for more details about completion requirements, to submit completed activity, and to review your progress in the program.

Activity name	Points	Maximum completion
<b>SMU Activities</b>		
Wellpower Launch at Dedman Fitness Center	100	1
HR Fair	100	1
Webinars	50	8
Wellness Events	50	5
SMU Events	50	5
SMU 5K	1000	1
<b>Community Activities</b>		
Donate Blood	50	2
Community Volunteer Event	50	4
Community Race	50	2
<b>Preventive Care</b>		
Flu Shot	50	1
Catapult Screening	100	1
Annual Physical	100	1
Dentist Visit	50	2
<b>Portal Activities</b>		
Group Challenge - Reach for It	1200	1
Group Challenge - Think About Your Drink	1200	1
Group Challenge - Falling into Rhythm	1200	1
Group Challenge - Plan it for the Planet	1200	1
Wellbeing Survey	250	1
Exercise	50	20
Navigate Video Learning	100	2
Access Wellness Resources	100	5
Individual Challenge - Up to 7 Days	150	2
Individual Challenge - 8-27 Days	300	4
Individual Challenge - 28+ Days	500	2
Sync a Device / Download the App	100	1

## 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.

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

# Group Challenges



### Reach for It

September 18 - October 15, 2023

Register  
 September 4 - 24, 2023

Reach for the stars—and for your toes! During this four-week activity challenge, you'll track your daily minutes and practice daily stretching. You'll be amazed at how much better you'll feel (and how much easier it is to exercise) with the right warm up and cool down routine. Have fun as you learn to move more, move further, and feel great!

**How to complete:**

Track your daily activity minutes with the to-do list on your wellbeing platform.

**Participate as:** Team or fly solo

**Last day to record:** October 22, 2023



### Think About Your Drink

November 13 - December 10, 2023

Register  
 October 30 - November 19, 2023

Water, water, everywhere—but do you really want to drink it? This four-week challenge will teach you the benefits of better hydration, offer tips for drinking more water (and less sugar), and help you feel more energetic each day.

**How to complete:**

Log into the platform and use the challenge to-do list to track your daily water intake in ounces.

**Participate as:** Team or fly solo

**Last day to record:** December 17, 2023



### Falling into Rhythm

January 15 - February 11, 2024

Register  
 January 1 - 21, 2024

Sometimes it feels like the end of the year is all about disruption—holidays, family responsibilities, work projects, and everything else that comes with being human. That's why this four-week challenge focuses on helping you maintain your personal wellbeing despite all the items on your to-do list.

**How to complete:**

Track your daily activity minutes with the to-do list on your wellbeing platform.

**Participate as:** Team or fly solo

**Last day to record:** February 18, 2024



### Plan it for the Planet

April 1 - 28, 2024

Register  
 March 18 - 31, 2024

Join this challenge for a chance to make great things happen for your community and for yourself! Each week, you'll track your daily step count and complete a new task related to community volunteering, donating, or otherwise doing good for others around you. Improve your health and the lives of those around you over four short weeks!

**How to complete:**

- Track your daily step count.
- Complete a weekly task related to doing good in your community, then check "I Did This" on the challenge to-do list on the platform.

**Participate as:** Team or fly solo

**Last day to record:** May 5, 2024