



2023

Health and wellbeing at your fingertips

Log in or register for holistic tools and resources.

Visit the platform to learn more about the SMU Wellpower program! Log in for everything you need to know about the program, and for holistic tools and resources organized under the 8 Pillars of Wellbeing: balance, community, financial, mindfulness, nutrition, physical, purpose, and social.

Earn rewards

You can earn rewards for your participation! Use the tracking table on the platform's home page to learn how to earn and to submit your progress. You can also learn more in the program overview.

Learn and grow

Videos, articles, and other tools support a wide range of topics related to financial, physical, mental, and emotional wellbeing.

Have fun!

Healthy living doesn't have to be a chore. Join personal and group challenges, create your own group "snap challenges."

You can also sync apps and devices, find delicious healthy recipes, track your nutrition, hydration, sleep, and much more. Wherever you are on your wellbeing journey, you'll find resources to help you get to your destination.

Access your account :

1. Visit smu.edu/wellpower and click "Log in".
2. If you are interested in signing your spouse up for the SMU Wellpower Portal, please email wellpower@smu.edu with the following information:
 - SMU faculty/sta_ name AND ID
 - Spouse name
 - Spouse email
 - Spouse date of birth
3. After being added, spouses will need to create their own account by going to smu.edu/wellpowerspouse and clicking "Join."



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

info@navigatewell.com
(888) 282-0822