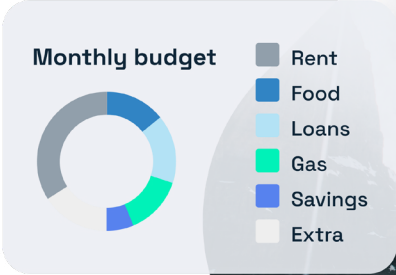


🏃
22 mins
Activity

🍏
16:39
Duration

2.41 Miles	108 KCal
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Recipe database



Reminders and notifications



30 day course
Nutrition & mental health

HireRight Wellness Program Guide

Hello and welcome to the HireRight Wellness program!

We're thrilled to have you join us on this journey towards holistic wellbeing. Whether you're looking to boost your physical activity, gain a better understanding of your financial health, enhance your nutritional habits, or nurture your emotional and mental wellbeing—we've got you covered.

Log in to learn more about the tools and resources available in your program.

Join your program
Visit your employee intranet.

Eligibility
The program is open to all employees.
All qualifying activities must be completed by November 30, 2024.



After creating your account, 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.

24/7 resources

Achieve personal and program goals with the help of holistic tools and resources found on your wellbeing platform.

- 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.
- Spark friendly competition by adding stakes to group challenges.
- 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!

How to participate

Complete program activities

Complete the Wellbeing Survey and four additional wellbeing activities by November 30, 2024 to complete your Wellness Program.

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	Maximum completion
Wellbeing Survey*	1
Personal Challenges	4
Video Learning Course	4
Annual Physical	1
Preventive Exams	4
Dental Exam	2
Vision Exam	1
Volunteer Opportunity	4
Community Event	4
Donate Blood	4
Download Navigate Mobile App	1

* Required