

Join TML Well

Use online tools and resources to enhance your health for your 2019 Wellness program.



How to Join TML Well

You now have access to comprehensive wellbeing tools and resources on the TML Well!

STEP 1

Access TML Well

 tmlhealthbenefits.org

1. Access TML Well at tmlhealthbenefits.org and select **Login**
2. Select **Login as a Member** (enter username and password)
3. Select **Wellness Program**
4. Select **Dashboard** to be redirected to the TML Well

STEP 2

Complete Program Activities to Unlock Your \$150 Rewards


To earn your reward, complete one of the following three options by **December 31, 2019**:

Option 1:	<ul style="list-style-type: none">• Preventive Care Screening (<i>Biometrics</i>)• Wellbeing Survey
Option 2:	<ul style="list-style-type: none">• The Great Holiday Challenge (<i>challenge info coming soon</i>)• Wellbeing Survey
Option 3:	<ul style="list-style-type: none">• (2) Personal Challenges (<i>must be in the nutrition or physical activity category</i>)• Wellbeing Survey

After you qualify, you can receive your \$150 reward in one of two ways:

Option 1: By check

Option 2: Credits in the Rewards Mall, which hosts thousands of merchandise items, online and physical gift cards, options for charitable giving and more.

 **When you register for TML Well, you will be able to choose how you'd like to receive your reward.**

Learn More about Program Activities:

To learn more about available program activities and to track your progress, review the incentive tracking table on TML Well's homepage.

TML Well Features

TML Well as is now available! Utilize these online tools and resources as you continue your journey toward your healthiest, happiest self.

On TML Well, you can:



Complete program activities to unlock your \$150 incentive. Review your TML Health Wellness program overview to learn more.



Join Group and Personal Wellbeing Challenges:

GROUP CHALLENGE:

You will have an opportunity to join one Group Challenge in 2019, The Great Holiday Challenge. See Program Overview for more details.

PERSONAL CHALLENGE:

You can begin a Personal Challenge at any time! These solo challenges are available on the TML Well and allow you to focus on topics that are important to you. Along the top navigation, select **Challenges > Search** to browse all the available Personal Challenge options.



Sync your favorite devices and apps or download the Navigate Wellbeing App to simply and seamlessly track activity: step count, activity minutes, nutrition, hydration, sleep and weight. This information can also be tracked manually.



Browse a library of recipes and workout videos. Don't make healthy living a chore! Search for exercises and meals you actually enjoy, then add them to your Favorites for easy retrieval later.

Sync Apps and Devices to the

Track Your Health-Related Behavior and Remain Motivated to Meet Your Goals

You can use your wellbeing to easily track your activity minutes, step count, nutrition information, hydration, sleep hours and weight! Whether you use the Navigate Wellbeing App or a personal favorite, syncing with the is a great way to make sure up-to-date information is always available from either a mobile device or computer.

Track Your Behavior with the TML Well :

1

Sync your favorite health-based apps and devices:

With apps such as Garmin and Fitbit (visit your for a complete list), you can sync your step count and activity minutes to easily track your progress and participate in wellbeing challenges.

2

Download the Navigate Wellbeing App for even more convenience:

- Track step count and activity minutes, as well as nutrition, hydration, sleep hours and weight.
- Complete group challenge tasks by tracking behavior.
- Send encouragement to a teammate in the Message Center.
- Manually enter your activity by selecting Tracker along the top navigation.

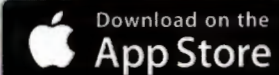
How to Sync Your Device

1. Log into TML Well.
2. Select the **Sync Device** sidebar on the right side of the screen to access the Devices page.
 - You can also access this page by selecting your **name** in the top right corner, followed by **Account Settings > Connected Devices**.
3. On the Connected Devices page, select the **Devices** tab.
4. Locate your fitness app or device from the list provided, then select the **Connect** button.
5. Follow the onscreen instructions to connect the app or device to your account.
 - *You will need to enter the username and password for the account you created for your app/device (i.e., your Garmin or Fitbit username and password).*
 - *You will be asked if Navigate Wellbeing Solutions can access your data. Select **Authorize**.*
6. After syncing, you will return to the **Devices Page**. Below your newly synced app or device, you will see a timestamp of your sync and an option to disconnect.

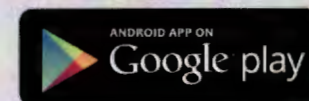
IMPORTANT: The automatically pulls data from the app or device website, NOT directly from your device. **Make sure to sync your data with the app or device website frequently!**



App Download Instructions



1. Open the Apple App Store
2. Search for Navigate Wellbeing
3. Select **GET**
4. After the app downloads, tap it to open and follow the onscreen prompts to log in



1. Open the Google Play App Store
2. Search for Navigate Wellbeing
3. Select **Install**
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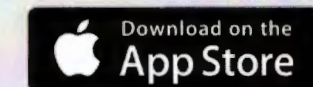
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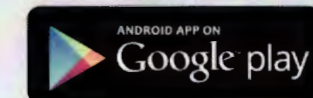
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TML Well powered by **navigate**

Questions? Contact:
info@navigatewell.com | (888) 326-6270