



# Benefits Corner

## January 2020

Welcome to 2020! As we begin a new year (and a new decade), we're excited to continue with our partner, Navigate Wellbeing Solutions, to administer our wellness program. All full-time employees have the opportunity to participate in various activities that both encourage your overall wellbeing and potentially qualify you for a monthly discount on your insurance premium. All wellness activities are administered through our wellness portal: [mbi.livehealthyignite.com](http://mbi.livehealthyignite.com). Sign in or select "Join Now" to begin this year's wellness program! Attached is a flyer that overview the portal services and the 2020 plan year.

For those employees currently receiving the wellness discount, your premiums are discounted in the following amounts: Employee-Only: \$15; Employee + One: \$25; Family: \$35.

**If you wish to receive the wellness discount in 2021, you must earn 75 points by December 15, 2020.** Points are earned through a combination of required and optional activities, as listed below.

### Required Activities

Employees must complete these two items to be potentially eligible for the discount:

1. Complete a Wellbeing Survey – a brief self-assessment available in your portal
2. Complete a Biometric Screening – register for our Chicago campus screening event February 24-27, or schedule an appointment at a LabCorp facility near you. Registration and scheduling options will be made available in your portal in February.

### Additional Activities

Employees may earn the remaining points through a variety of activities:

1. Complete personal challenges – these may be activities that are part of your lifestyle (record 20 minutes of activity a day, read a book, or declutter!), or new areas of wellbeing (enroll in a sleep challenge, complete a financial challenge, or do 1000 pushups in 30 days!).

2. Complete group challenges – NEW! these are Institute-wide challenges offered each quarter, allowing you to earn wellness points while engaging in a little friendly competition (see below).
3. Complete wellness activities – record events like getting an annual physical or receiving a flu shot.

Further reminders will be coming your way as we prepare for our first group challenge and finalize our on-campus biometric screenings. Until then, make sure you've created a login to the wellness portal, browse the challenge library for a personal challenge to do on your own, and talk to someone about joining the group challenge. We'll begin a new year of wellbeing together!

### Group Challenges

This new event in 2020 is similar to a personal challenge (you'll record completion over a multi-week period), but only one group challenge will be offered per quarter. These high-earning challenges allow you to create teams, cumulating a team's total values as each member records activity. Group challenges have a longer registration period, allowing employees to sign up, ~~hang signs, and bring a coworker~~ before the challenge period begins.

As announced earlier this week, our challenge this quarter is titled 'Ready, Set, Go'. Registration will begin on Monday, January 20<sup>th</sup>, and the challenge kicks off two weeks later, on February 3<sup>rd</sup>. Registered employees will receive email reminders to track activity minutes throughout the challenge. For the Solheim saints or transit trekkers, this is a great opportunity to recognize your regular routines that contribute to your overall wellbeing. Activity can be manually recorded, or you can sync a Fitbit or smartwatch and let the activity minutes be tracked on your behalf.



### Benefits Team | Human Resources

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# The 2020 Moody Bible Institute Wellbeing Portal

Use online tools and resources to enhance your health

The 2020 Moody Bible Institute Wellbeing Portal is now available! Visit [mbi.livehealthyignite.com](http://mbi.livehealthyignite.com) to use these comprehensive online resources and step toward your healthiest, happiest self.

## On your portal, you can:



**Complete Healthy Activities to Unlock Your Rewards** Review your program overview to learn more.



### Join Group and Personal Wellbeing Challenges:

#### GROUP CHALLENGES:

You will have an opportunity to join Group Challenges. Details will be announced later in the year.

#### PERSONAL CHALLENGES:

You can begin a Personal Challenge at any time! These solo challenges are available on your portal 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.



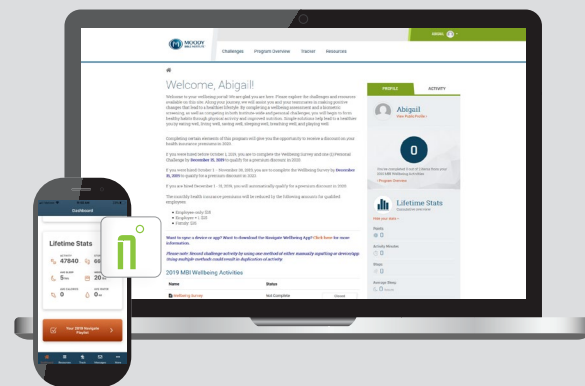
**Sync your favorite devices and apps or download the Navigate Wellbeing App** to simply and seamlessly track activity: step count, activity minutes, nutrition, hydration, sleep and weight. This information can also be tracked manually.



**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.



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## How to Join Moody Bible Institute Wellbeing

You now have access to comprehensive wellbeing tools and resources on the portal.

### STEP 1

Register for the Portal:  
Visit [mbi.livehealthyignite.com](http://mbi.livehealthyignite.com)

1. Select **JOIN NOW**.
2. Enter your first name, last name, date of birth and the last four digits of your SSN.
3. Confirm your information.
4. Create a new username and password, then complete your profile.

### STEP 2

Complete Healthy Activities to Earn Rewards

Earn 75 points by completing program activities to qualify for rewards!

#### New Hire eligibility by hire date:

- **January 1 – June 30:** Earn 75 points.
- **July 1 – Sept 30:** Earn 50 points.
- **October 1 – November 30:** Complete Wellbeing Survey.
- **December 1 – 31:** Automatically receive incentive; no activity requirement.

**Log in for more details.**

Questions? Contact:  
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