

2022

Check out the Empower Your Wellbeing program

24/7 wellbeing tools and resources.



Log in, live well, and earn rewards

Visit www.nebraskamed.com/empower to learn more about the Empower Your Wellbeing program! The online platform is filled to the brim with tools and resources you can use to achieve your wellbeing goals—and that doesn't just mean exercise. (Although we've got you covered there, too.)



Earn

Use the incentive tracking table on the platform to participate in the program and earn rewards for improving your health. Review your program overview to learn more.



Learn

Watch videos and read articles covering a wide range of topics related to mental, emotional, physical, and financial wellbeing.



Engage

Join group challenges, create your own "snap challenges" and invite teammates to join, or post messages with the social wall and photo gallery. Who says healthy living can't be a good time?

Sync apps and devices, browse healthy recipes, complete personal challenges—no matter your wellbeing goals, the platform has resources for you.

Create an account

1. Visit www.nebraskamed.com/empower
2. Select **JOIN NOW** and follow the onscreen prompts.
Your unique ID is your Workday ID. Spouses use EEID with "S" on the end.

Returning user

Simply enter your username and password.

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:
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