

The path to greater wellbeing starts here

Welcome to the Empower Your Wellbeing program!

We're so happy you're here. Visit www.nebraskamed.com/empower to log in and learn more about the program. We can't wait to share all the holistic tools you can use to enhance your wellbeing in all the parts of life that make you feel healthy, happy, and whole.

Earn rewards

You can earn wellbeing incentives tied to select medical plans, as well as be entered into multiple prize drawings for your participation.

Learn and grow


Enjoy resources like videos, articles, and other tools to support you in each area of wellbeing including financial, physical, mental, and emotional health.

Enjoy yourself!

Who said taking care of yourself had to be a chore? Join the fun with personal and group challenges, create your own "snap challenges," and share your successes on the platform.

You also have the option to sync apps and devices, discover nutritious recipes, monitor your hydration, track your sleep, and more. No matter what your wellbeing goals are, you'll have the tools and resources to help you be well.



 Yesterday's community service was a success!
❤️ 21 Likes 💬 9 Comments

If you need to register:

1. Visit www.nebraskamed.com/empower
2. Select JOIN NOW and follow the onscreen prompts.

*Employees: Your unique ID is your Workday ID.
Spouses: Use EEID with an S on the end.*

Returning user

Simply enter your username and password.

Questions

info@navigatewell.com
(888) 282-0822



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.