

Check Out the 2020 ISAC Wellbeing Portal

Use convenient online tools and resources to enhance your health.

Rewards, Challenges, Recipes and More

The 2020 ISAC Wellbeing Portal is now available!

Visit isac.livehealthyignite.com and utilize these awesome, convenient tools and resources to continue your journey toward your healthiest, happiest self.



How to Join and Participate

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

STEP 1:

Register for the Portal:

Visit isac.livehealthyignite.com

1. Select **JOIN NOW**.
2. Enter your first name, last name and email address.
3. You'll receive a confirmation email; select the link to confirm your account information.
4. Create a username and password, then complete your profile.

STEP 2:

Complete Healthy Activities

Log in and review the activities table on your dashboard for more details!

On the portal, you can:



Complete Program Activities to Unlock Rewards

Review your program overview to learn more.



Join personal wellbeing challenges

Select **Challenges** along the top navigation to browse the available options.



Sync Wearable Device or App

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.



Recipes and Workout Videos

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.