

Step into SHRM Challenge: Getting Started Guide

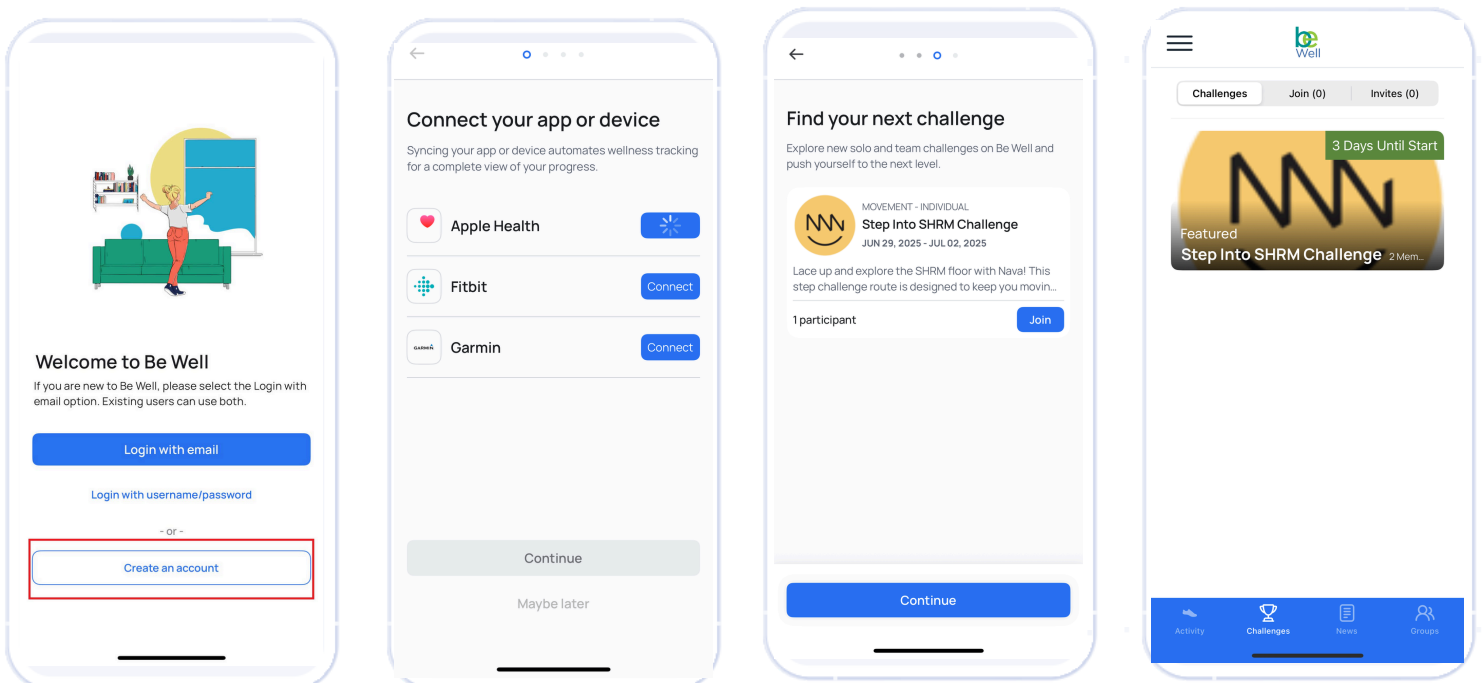
Register Your Account

1. Download the BeWell mobile app (available on iOS and Android).
 2. Select “Create an Account” and, when prompted, enter the program URL:
navabenefits.thrives.app
- OR –
1. Go to <http://navabenefits.thrives.app/> on your desktop browser.
 2. Click “Register Now” to create your account.

Sync Your Device

You must download the BeWell app (iOS and Android) to sync with your fitness tracking device or app.

- Created your account via mobile? Follow the onboarding prompts to connect your device.
- To add or manage your device later, tap the three horizontal lines (hamburger icon) in the top left corner of your home screen, then select “Add/Manage Device.”



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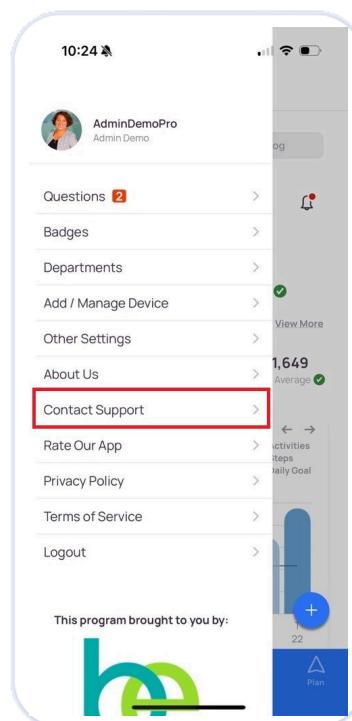
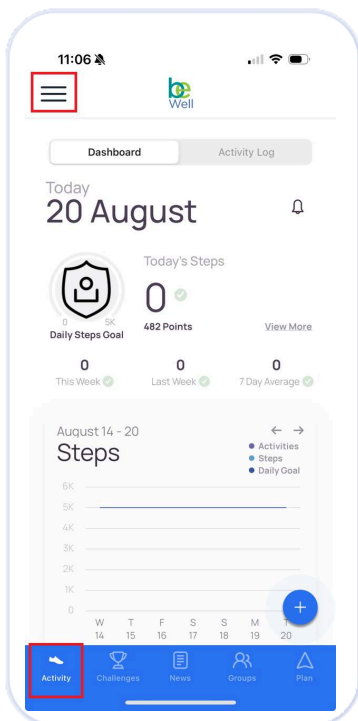
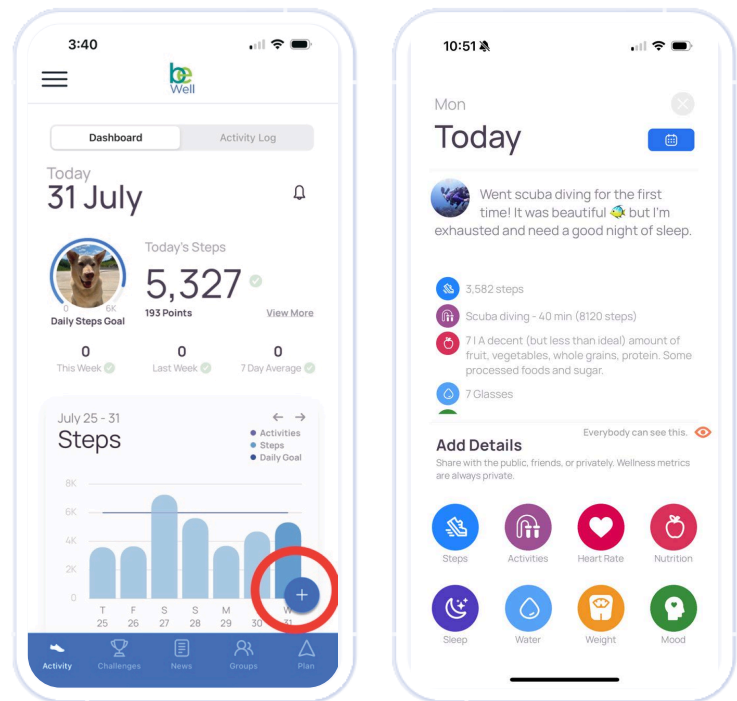
View the Challenge

- Mobile App: Tap the trophy icon, then select the challenge.
- Desktop Browser: Navigate to the Challenges tab to view it.

Make an Entry

Log your movement, activities, wellness metrics, journal entries, and photos!

- Mobile App: Tap the plus (+) icon in the bottom right corner of the home screen
- Desktop Browser: Click the “Add an Entry” button on the dashboard



Questions / Need Support?

- Click here to view video guides!
- To access support articles, open the app, tap the hamburger menu (≡) in the top left of the Activity tab, select Contact Support, and a window will open where you can search for help articles.
- You can also email wellness@be-engaged.co (note: there's no "m"—it's just .co) for additional support.