



# Welcome to Dallas County Wellness Program

## Join Your Program

### Ready to get started?

Sign up today to take your first steps toward better wellbeing.

## Key Dates

### Program year:

Jan. 1, 2026 – Oct. 31, 2026

### Deadline:

Complete your activities by **Oct. 31, 2026**.

## Your Rewards

Medically covered employees and spouses can earn a \$300 incentive. Choose to receive your reward as an FSA contribution, HSA contribution, or through payroll.

## Get Started

### Step 1:

Go to [PEBCNavigateWellbeing.com](https://PEBCNavigateWellbeing.com)

### Step 2:

Click **JOIN NOW** and enter the group code: DALLAS.

### Step 3:

Verify your eligibility with your name, SSN and DOB.

### Step 4:

Enable multi-factor authentication (MFA). Instructions are available on the portal after you log in.

## Your program: Purpose & Benefits

The Dallas County Wellness Program is designed to support your health journey and help you build lasting healthy habits. This program works alongside your existing healthcare benefits, encouraging preventive care while offering valuable rewards for your participation.

## How to Participate

### Eligibility

All medically covered and non-medically covered employees are eligible to participate. Spouses who are on the medical plan can also participate and earn incentives.

### How to complete your program

To earn your full incentive, you need to:

1. Complete the Total Health Survey (required, 75 points)
2. Earn an additional 225 points from other wellness activities
3. Reach a total of 300 points by October 31, 2026

The portal offers many ways to earn your remaining points! From preventive care like annual exams and screenings to group challenges and video courses, you can choose activities that fit your lifestyle and interests.

## Download App



Download the Navigate Wellbeing app for a convenient way to track your activities.



### New! Video Learning Courses:

Explore our new 2026 video courses on nutrition, fitness, financial wellbeing, and stress management.



### New! Personal Challenges:

Set and reach your health goals at your own pace with this new feature.

# Your Program Checklist

## Getting Started

- Log in to your portal
- Complete your survey
- Download the mobile app
- Sync your fitness tracker or app

## Explore Features

- Watch video courses
- Join a personal challenge
- Track your progress on the dashboard
- Check out resources like articles and recipes
- Learn how to earn wellness incentives

Make the most of wellbeing program and take control of your journey today!

### Here's what you can expect:

- Access tools and resources anytime, anywhere.
- Get personalized challenges and courses for your goals.
- Track your progress with simple tools.
- Discover expert tips, recipes, and guides
- Achieve your goals. Visit your wellbeing platform now and start living healthier, happier, and more balanced today!

### Questions? Contact:

[info@navigatewell.com](mailto:info@navigatewell.com)  
(888) 282-0822

# Group Challenges



### Step-tacular: Feb. 2, 2026 – March 1, 2026

Registration: Jan. 19, 2026 – Feb. 8, 2026



### Smart Cents: April 6, 2026 – May 3, 2026

Registration: March 23, 2026 – April 12, 2026



### Don't Wait, Hydrate: June 8, 2026 – July 5, 2026

Registration: May 25, 2026 – June 14, 2026



### Work Toward Balance: Aug. 17, 2026 – Sept. 13, 2026

Registration: Aug. 3 – 23, 2026



Stay tuned for more information on your new biometric screening provider eHealth.

