



Apwapwan etto ngeni eom unusenapen 2026 minafon programen pechakunon Total Health!

Fiti Eomuwe Program

Ka monenta ren eom kopwene poputa?

Sainita ikenai ren eom kopwene fori eomuwe aewin fororita ngeni eochunon pechakunom.

Ran Mei Auchea kena

Ierin program:

June 01 – October 31, 2026

Ranin sopwenon:

Awasano eom foror kena me mwan **October 31, 2026**.

Awiniinum Kena

Angei ew \$400 medical premium credit. Punuwer kena ra tongeni angei ew apachenongen \$400, ren ew unusenapen ren \$800 ren ew family.

Kopwene Poputa

Teten 1:

No ngeni fosterfarmswellness.com.

Teten 2:

Atononga noumuwe Sakonon ID (Noun Chon Angang ID ren chon angang kena; aewin iter, nasenon iter, me pwan noun pwunuwur kewe ID ren chon angang tapweita fiti "s" ren punuwer kena).

Teten 3:

Mutngeni chomong mettochun afatanon (MFA). Afanefanen kena ra kan kaworeno won ewe portal murin eom log in.

Eomw program: Popun & Aninis kena

Foster Farms Wellness a kan anisuk me pwan eom family pwe aupwe tori minafon atoto ngeni kena ren safei me pwan pechakuneno. Ei program a kan ew pekin popunapen ren eom pakechin aninis kena, angang fengen fiti eom healthcare ren ar repwe anisi tumunon pinipinenon me pwan fororieochun pechakun kena.

Ifa usun eom kopwe Fitinong

Naf ngeni

Unusen fansoun nafenon aninisin chon angang kena ra kan naf me pwan punuwer kena (ika mi aeoeo ngeni) ra kan non ei fansoun pwonupwon won ew Foster amonen Farms health.

Ifa usun eom kopwene awasano eomuwe program

Awukukun ren Chon Fitinong kena:

Angei esapw kis seni 100 points seni eom awasano:

- Kapaseisin Total Health – **Ra mochen kopwe fori**
- Chekin Pechakun Iteiten ler – **Ra mochen kopwe fori**
- Apachenongen 20 points

Minafon Chon Angang (ra monir won ika muri July 01, 2026):

Angei 60 points seni eom awasano:

- Kapaseisin Total Health – **Ra mochen kopwe fori**
- Apachenongen 20 points

Ika pwe atononga punuwom non ewe health plan, ir ra tongeni ar repwene fitinong nupwen ra katonong.

Download App

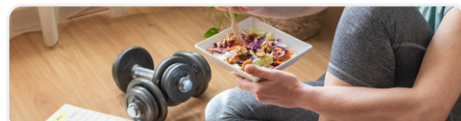


Download ewe Navigate Wellbeing app ren ew amecheresin sakkun ren eom kopwe tapwei eom foror kena.



Minafo! Asukunen Kaeon Video kena:

Chekieno ach minafon 2026 videon asukun kena won mongoeoch, pechakuneno, pechakunen pekin moni, me pwan nemenemen mefingaw.



Minafo! Aweiresin Inisum:

Forata me pwan tori eom atoto ngenin pechakun kena non pusin mutirum fiti ei minafon pekin fororun.

Eom Maaketiwen Pogram

Kopwene Poputa

- Log in ngeni eomuwe portal
- Awasano eomuwe kapaseis
- Download ewe mobioe app
- Sync eomuwe fitness tracker ika app

Chekieno Mettochun Foforun kena

- Katon videon asukun kena
- Fiti ew pusin aweires ngonuk
- Tapwei porausen eom anapeno won ewe dashboard
- Chekiewow nenien angaiin aninisin poraus kena usun chok maaken poraus me pwan recipe kena
- Kaeo usun ifa usun eom kopwe angei aninisin pechakuneno kena



Chekin Pungunon Pechakun kena

Awasanon ewe Kapaseisin Wellbeing a kan ewe aewin fofor ngeni weweitin pechakunom. Non ei mwich, en kopwene mwich ngeni emon Mei Certified Chon Ekeitin Pechakun Non Unusen Fonu me pwan Pechakun ina epwene anisuk ne aweweni me pwan foforuno won eom punguno kena me pwan kapas usun ekkewe neni ren tufichino ika anapeno.

Ren eom kopwe poputa fiti Ekeiti, log into eomuwe Wellbeing portal me pwan churi ewe Coaching peich ren eom kopwe register.



Programen Nemenem Sakkun Semwen

Angei ekkewe pisekin angang ka mochen ren eom kopwe tumunu eom kewe mettochun ngawen me pwan tumunu eom punguno kena non fansoun nongetam. Chufengen fiti noumuwe Chon Ekeitin Nenien Safei me pwan kuumin Ekeitin Pechakun mei certified, aupwene forata ew akoten pusin en chok ina epwene anisuk ne angei eom pusin ekkieki ren pechakun seni non nemenemen sakkun semwen me pwan asiwinin kena ren sakkun menawom.

Ren eom kopwe poputa fiti Ekeiti, log into eomuwe Wellbeing portal me pwan churi ewe Coaching peich ren eom kopwe register.

Anomota unusenapen eomuwe wellbeing program me pwan angei nemenemen eomuwe feineno ikenai!

Iei met ka tongeni ekkieki pwe epwe fis:

- Pisekin atotongeni kena me pwan nenien angaiin aninisin kena non fansoun ese nifinifin, non neni ese nifinifin.
- Angei aweiresino kena ra forita chok fan itom me pwan asukun kena ren eom atotongeni kena.
- Tapweieno porausen eom napeno fiti pisekin angang kena mei mecheres.
- Kuuna porausen aninisin kena seni chon sineieochu, recipe kena, me pwan amwen kena.
- Awasano eom atotongeni kena.

Churi eomuwe wellbeing platform iei me pwan poputa ne nonom non pechakuneno, apwapwano, me pwan anapenon awukukieochuno ikenai!

Kapaseis kena? Ia sipwe kokono ie:
info@navigatewell.com
(888) 282-0822



Ren Aninis Seni Non Nenieom:

Mutir ne kuuta aninis non nenieom me pwan nenien angaiin aninisin kena nupwe fansoun ka kan fokkun napeno eom mochen ekkena!



Taiso:

Atoto ngeni taiso kena mei weires ina repwene aweires ngonuk me pwan peseiuk ren eom kopwe tori eom kewe atoto ngeni non pechakuneno!



Titin Mwichen Aramas:

Chufengen, eaeafengen, me pwan apwapwai eom saino fiti ew aninisin nenien nonom nesopwun ewutum ika ka mochen!



Chon Amona Mongo:

Amecheresieno mongon pechakun fiti ew ka tongeni fori ngeni met ka mochen forun amonen mongo ren an epwe wewe ngeni eom sakkun nonomwun menaw!