

Join the NCSD program

Rewards, challenges, recipes, and more

MERCYONE



Online tools and resources to improve your health

Create an account

1. Visit ncsd.livehealthyignite.com
2. Select **JOIN NOW** and follow the on screen prompts.

Visit your new wellbeing portal to take advantage of these fantastic resources. Platform benefits include:



Earn

- Encourage healthy behavior with our incentive tracker to earn rewards for improving your health. Review your program overview to learn more.



Learn

- Group challenges with your peers and personal challenges to help you on your journey.



Engage

- Track steps, activity, nutrition, and more by syncing an app or device, using the Navigate Wellbeing app, or entering the info manually.
- Browse recipes and workouts. Use these robust online tools to live your happiest, healthiest life.

"I have had a lot of fun participating in Group Challenges. Although indeed challenging at times, I have increased my overall strength, learned I enjoy yoga, and lost 7 pounds in the process! Looking forward to the next Challenge!"

Questions? Contact:

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