



MedStar Family Choice

DISTRICT OF COLUMBIA

The path to greater wellbeing starts here

Welcome to the MedStar Family Choice District of Columbia Health and Wellness Portal

We're so happy you're here. Visit [MedStarFamilyChoiceHealthyLife.com](https://www.MedStarFamilyChoiceHealthyLife.com) to log in and learn more about the program. You'll find tools you can use to enhance your wellbeing in all the parts of life that make you feel healthy, happy, and whole.

Learn and grow

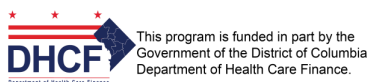
Enjoy resources like videos, articles, and other tools to support you in each area of wellbeing including financial, physical, mental, and emotional health.

Enjoy yourself!

Who said taking care of yourself had to be a chore?

You also have the option to sync apps and devices, discover nutritious recipes, monitor your hydration, track your sleep, and more. No matter what your wellbeing goals are, you'll have the tools and resources to help you be well.

MedStar Family Choice District of Columbia complies with all applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.






This program is funded in part by the Government of the District of Columbia Department of Health Care Finance.



WE ARE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR



 Yesterday's community service was a success!

 21 Likes  9 Comments

If you need to register:

1. Visit [MedStarFamilyChoiceHealthyLife.com](https://www.MedStarFamilyChoiceHealthyLife.com)
2. Select JOIN NOW
3. Enter your group code: DC
4. Follow the onscreen prompts
*Your unique ID is your Enrollee ID.
Your Enrollee ID can be found on your MedStar Family Choice DC Enrollee ID card.*
5. Enable multi-factor authentication (MFA). Instructions are available on the portal after you log in.

Eligibility

The program is open to MedStar Family Choice District of Columbia Enrollees.

Activities must be completed by December 31, 2025.

Questions

info@navigatewell.com
888-282-0822



After creating your account, don't forget to download the *Navigate Wellbeing* app for a convenient and easy way to track your activities. The app is available as a free download in the Apple App Store and Google Play App Store! Scan the QR code to download.

Navigate



MedStar Family Choice

DISTRICT OF COLUMBIA

3007 Tilden St., NW
POD 3N
Washington, DC 20008
855-798-4244
MedStarFamilyChoiceDC.com

If you do not speak or read English, please call 888-404-3549 between 8:00 a.m. and 5:30 p.m. A representative will assist you.

Si no habla y/o lee inglés, llame al 888-404-3549 entre las 8:00 a.m. y las 5:30 p.m. Un representante lo asistirá.

Nếu bạn không nói và/hoặc đọc Tiếng Anh, vui lòng gọi 888-404-3549 giữa 8 giờ sáng đến 5 giờ 30 chiều. Một người đại diện sẽ hỗ trợ bạn

영어를 읽거나 말할 수 없다면, 오전 8시에서 오후 5시 30분 사이에 888-404-3549로 문의주십시오. 대표가 도움을 드릴 것입니다.

Si vous ne parlez pas et / ou ne lisez pas l'anglais, veuillez appeler le 888-404-3549 entre 8h00 et 17h30, un représentant vous répondra.

ኢንግሊዝኛ የማይናገሩ እና/ወይም የማያነቡ ከሆነ፣ እባክዎ ከጊዜ 8:00 እስከ አመሻሽ 5:30 ባሉ ሰዓታት ውስጥ ወደ 888-404-3549 ይደውሉ። ተወካይ ያግዝዎታል።

如果你不会说或读 英语 · 请在早上8点到下午5点半之间拨打888-404-3549。有个代表会帮助你的。

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To read the MedStar Family Choice District of Columbia Nondiscrimination Notice and Language Accessibility Statement, visit our website at MedStarFamilyChoiceDC.com/Notice-of-Nondiscrimination.



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