



Enjoy the rewards of being healthy



NTIC Health & Wellness Program 2020-2021 Wellness Program Guide

The 2020-2021 NTIC Health & Wellness Program, brought to you in partnership with Health Advocate, can help you take charge of your health and improve your well-being—plus, you can earn up to \$275 by participating in well-being activities.

Read on to learn what you need to do to earn your incentive!



Start date:
June 1, 2020

Deadline:
May 31, 2021

Earn 350 points for \$175

OR

550 points for \$275

HealthAdvocateSM



All About Your Incentive

The NTIC Health & Wellness Program is designed to support, educate, motivate and reward employees on the journey of living a healthy lifestyle. Your program begins on June 1, 2020 and ends on May 31, 2021.

How to earn points

Earn points by completing the activities listed in the guide. Log on to your wellness website at any time to track your activity and see how many points you have earned so far.

The following workplace events will be tracked by NTIC and sent to Health Advocate for upload of points on your wellness portal: **Annual Physical** (100 pts), **Annual Health Screening** (100 pts), **Proof of PCP** (30 pts), **Dental** (60 pts max), **Vision** (30 pts).

Who is eligible?

Your Wellness Program is available to all employees and their spouses who are enrolled in the school district's health insurance.



Get started today!

The quicker you get on the path to better health, the sooner you'll start to enjoy the rewards of being healthy. Remember, we're here to support you in your journey toward better health and well-being. **Just call or log on today for personalized help!**



888.493.5522

Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/ntic

Download the app today!





Complete well-being activities to earn points!

Activities	Activity Details	Points/Max. Points
Personal Health Profile	Get a snapshot of your health and learn steps you can take to improve it.	100/100
Visit the Health Advocate Member Website	Log in to the Health Advocate member site and browse the resources available to you.	10/40
Be Tobacco-Free	Certify that you're tobacco-free using the online Tobacco Affidavit or by completing the 12-week Health Advocate Tobacco Cessation Program – online or with a Wellness Coach.	50/50
Wellness Challenges	Compete with coworkers while improving your health. Stay tuned for challenge dates and details! <i>Points for completion will be awarded if you track your activity each week of the challenge.</i>	40/80
Wellness Workshops	Complete a 6-week self-guided online Wellness Workshop. <i>You may have one workshop in progress at a time.</i>	20/140
Don't Weight, Make a Change	Complete this 12-week online weight loss program and learn long-term strategies to help you lose weight and keep it off!	40/40
Wellness Commitments	Perform certain wellness activities and self-report your completion on the Health Advocate member website.	20/100
Workplace Wellness Events	Earn points for One-on-One meeting with Wellness Coordinator, Annual Physical, Proof/Declaration of PCP, Dental and Vision Exams.	10/280

Keep reading for more ways to earn points! >>

Get points for tracking healthy behaviors

Activity Name	Activity Details		Points
Health Trackers	Earn points for tracking healthy behaviors. Compatible with nearly 100 fitness devices and apps! See the chart below for a list of points-eligible trackers. There are many other trackers available on the wellness site for your use that are not eligible for points.		1 - Daily 5 - Weekly Max - 250 pts
Measurement	Amount	Daily/Weekly/Monthly	Points
Sleep	Sleep 7-9 hours	daily	1
Steps	Walk 10,000 or more steps	daily	1
Time Exercised	Exercise for 150 or more minutes	weekly	5
Resistance Training	Perform 2 or more days	weekly	5
Resilience Tracker	Perform at least one activity on 5 separate days	weekly	5
Charity Work	Perform 2 or more hours	monthly	10
Ounces of Water	Drink 64 ounces	daily	1
Fruits and Vegetables	Eat 5 or more servings	daily	1
Grams of Fiber	Eat 25 grams or more	daily	1
Milligrams of Sodium	Eat 1,500 mg or fewer	daily	1
Weight	Participation	weekly	5
Distance Exercised	Participation	daily	1
Stretching	Perform 10 or more minutes	daily	1



How Your Wellness Program Can Help

The Health Advocate Wellness Program can help you take charge of your health and improve your well-being. The Wellness Program includes the following features to help you achieve better physical, social, emotional and financial health so you can be your best self.



Wellness Coaching Unlimited access to a Wellness Coach by telephone or secure web messaging to help you lose weight, get fit, quit tobacco, reduce stress and more.



Personal Health Profile (PHP) Get a snapshot of your health, your risk for certain diseases and conditions, and personalized tips to help you improve your well-being.



Nutrition Support Make eating healthy simple with delicious recipes and meal plans designed to help you reach your wellness goals.



Wellness Resources Learn about health and well-being topics through tip sheets, the Health Advocate Blog and Health Information Center.



Interactive Challenges Participate in personal or company-wide challenges to help you get fit, lose weight, eat better, and more.



Health Trackers Use the health trackers to track your activity, progress and strive to meet healthy goals. Sync your fitness device or health apps for easy tracking.



Wellness Workshops Participate in workshops on a variety of health and wellness topics, like nutrition, fitness, stress management, resilience, financial wellness, and more.



Gym Discounts Access discounted memberships to thousands of fitness centers nationwide.

It's easy to get started! Follow these simple steps to register:

1. **Visit HealthAdvocate.com/members**
2. **Register** for the website and enter the required information, **then log in**
3. **Browse** the features and program available to help you lose weight, get fit, eat better, quit tobacco, improve your financial wellness, reduce your stress, and more!

All of your Personal Health Information is protected and kept strictly confidential.

We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

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