



NTIC

2022-2023 Wellness Program Guide



NTIC is committed to helping you achieve your best health and best self. This year, we challenge you to make self-care and your well-being a priority. Complete a selection of the activities from the charts on pages 2-3 based on your personal health goals. As a reward for completing healthy activities, you have an opportunity to earn up to \$275!



Start date:
June 1, 2022



Complete activities
that will help you thrive



Deadline to earn points:
May 31, 2023



Feel good knowing you've
earned a reward

Wellness Incentive Details

The NTIC Health & Wellness Program can help you take charge of your health and improve your well-being.

There are two award levels:

Silver: Earn 350 points to receive a \$175 reward

Gold: Earn 550 points for the maximum \$275 reward

Wellness Incentive & Program Eligibility

NTIC Wellness Program incentive reward is available to all employees and spouses enrolled in the school district's health insurance. Dependents age 18+ can utilize the wellness program features, but are not eligible for the reward.



Be the healthiest you

Complete well-being activities to meet your personal health goals and earn points towards your incentive.

Activities	Action(s) to Earn Points	Points/Max.	✓
Healthy Actions			
Personal Health Profile	Complete this online survey to assess your lifestyle and its impact on your health.	100/100	
Health Advocate Website or App Visit	Log on to the Health Advocate website or app quarterly.	10/40	
Your Tobacco Status			
Tobacco Status	Certify that you are tobacco-free by completing the online tobacco affidavit OR complete the 12-week online Health Advocate Tobacco Cessation Program .	50/50	
Keeping Track of Your Health			
Preventive Care	<p>Stay on top of your health by completing preventive care exams. Visits occurring between June 1, 2022 and May 31, 2023 will qualify for points. Log into Health Advocate to self-report your exams.</p> <p>Earn points for the exams below:</p> <ul style="list-style-type: none"> • Breast Cancer Screening • Cervical Cancer Screening • Colon Cancer Screening • Prostate Cancer Screening • Skin Cancer Screening 	25/25	
Flu Shot	Protect yourself and others by getting a flu shot through your doctor or pharmacy. Log into Health Advocate to self-report your flu shot.	20/20	
Take Action for Better Health			
Don't Weight, Make a Change Program	Learn tips, tricks and long-term strategies to help you not only lose weight, but keep it off in this 12-week program. <i>Complete all chapters to earn points.</i>	40/40	
Wellness Workshops	Participate in online, self-paced workshops on nutrition, fitness, stress, resilience, financial wellness, and more! <i>Complete all chapters to earn points.</i>	20/140	



Be the healthiest you

Complete well-being activities to meet your personal health goals and earn points towards your incentive.

Activities	Action(s) to Earn Points	Points/Max. ✓
Take Action for Better Health		
Wellness Challenges	<i>Have fun while getting healthy by participating in wellness challenges. In order to earn points, you must track your progress each week of the challenge. You can earn points for two types of challenges:</i>	
	NTIC Challenges are planned for the entire year to encourage healthy competition between you and your coworkers. Stay tuned for challenge dates and details!	40/200
	Personal Challenges are available to start on your own at any time. Participate on your own or invite your coworkers.	5/20
Create Healthy Habits		
Healthy Behavior Tracking	Track your progress and reach healthy goals! Connect your fitness device or manually track your activity. See chart on page 4 for trackers.	max 100 points
Other Ways to Participate		
Wellness Commitments	Perform certain wellness activities and confirm their completion on the Health Advocate website.	max 100 points
Wellness Referral Program	Encourage your co-workers to participate in the Wellness Program! Earn 25 points per referral with a max of 2 referrals per program year. The referred participant must not have completed the program in prior years. Both individuals must complete the program to earn points.	25/50
Other Activities	The following activities will be tracked by NTIC and sent to Health Advocate to upload points on your wellness portal: <ul style="list-style-type: none"> • Annual Physical (100 points) • Annual Health Screening (100 points) • Proof of PCP (30 points) • Dental (60 points max) • Vision (30 points) <p>Extra activities for bonus points may be added throughout the year.</p>	Varies



888.493.5522

Email: answers@HealthAdvocate.com






Web: HealthAdvocate.com/ntic

HealthAdvocateSM



Track healthy behaviors for even more points

Track healthy habits and meet the recommended goals to earn points. **You can earn a maximum total of 250 points across all trackers.**

Health Tracker	Recommended Goal	Points
 Fiber	Improve your digestion by consuming 25 grams or more daily	1
 Fruits and Vegetables	Boost your nutrition by eating 5 or more servings daily	1
 Sleep	Function your best by sleeping 7 to 9 hours each night	1
 Sodium	Strive for healthy blood pressure by reducing your intake to 1,500 mg or less daily	1
 Steps	Stay on your feet by taking 10,000 or more steps daily	1
 Stretching	Improve your flexibility by stretching for 10 or more minutes daily	1
 Water	Stay hydrated by drinking 64 ounces of water daily	1
 Resilience	Handle stress better by performing at least one resilience activity on 5 separate days weekly	5
 Resistance Training	Increase your strength by performing this activity 2 or more days weekly	5
 Time Exercised	Get fit by exercising for at least 150 minutes weekly	5
 Weight	Log your weight weekly	5
 Charity Work	Give back by completing 2 or more hours of charity work monthly	10

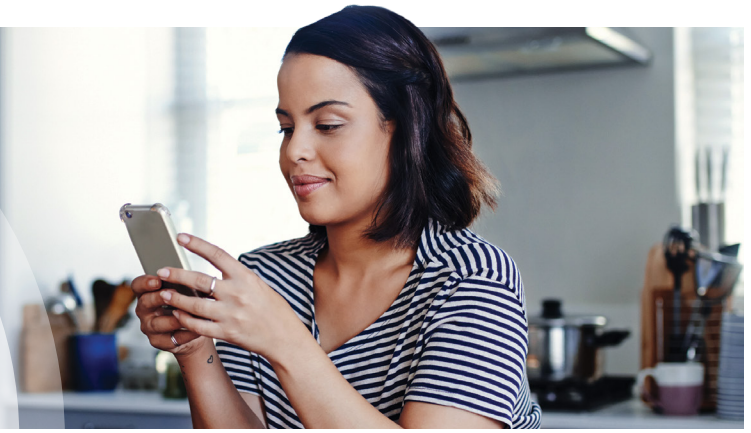
There are many other trackers available on the website for your use that are not eligible for points.



Feature in Focus: Sync your fitness device, wellness app or Apple Health

Easily get points for health trackers by syncing your device or app. From the “I would like to...” menu, select “Sync My Fitness Device.” Select your device or app and follow the steps. You will only see Apple Health as an option when logged on through the Health Advocate app on compatible iOS devices.

Frequently Asked Questions



Q: How do I register for the Health Advocate website?

A: Follow these simple steps to register:

1. Visit HealthAdvocate.com/ntic
2. Register for the website by clicking on “Register Now”
3. Enter the required information, confirm your registration, then log in

Q: What if I am unable to fulfill a requirement of the incentive program?

A: We are committed to helping you achieve your best health. If you think you might be unable to meet a certain standard for points under this program, you may be able to earn the same points by a different means. Please contact Health Advocate for more information.

Q: What are some common wellness goals Health Advocate supports?

A: We can help you reach goals in areas such as weight loss, fitness, nutrition, tobacco cessation, mindfulness, stress management, prevention and management of chronic disease, and so much more!

Q: Will my information and interaction with Health Advocate remain private?

A: Your medical and personal information is kept strictly confidential. Our staff carefully follows protocols and complies with all government privacy standards.

Q: Are my rewards taxable?

A: Due to IRS rules, incentives are considered taxable income and will be included on your W-2 and are subject to applicable payroll taxes such as federal, state, Social Security and Medicare taxes.

Q: When is Health Advocate available?

A: Normal business hours are Monday - Friday, from 8 AM to 10 PM, ET. Staff is available for assistance after hours and on weekends.




888.493.5522

Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/ntic

HealthAdvocateSM



You have one life
to live—let's make it
a healthy one!

No matter your health and wellness goals, Health Advocate can help guide you toward your best health!

The Wellness Program features:



Personal Health Profile

Your current health, in real time



Recipes and Meal Plans

Nutritious and delicious recipes to fuel your goals



Personal Challenges

Jump-start healthy changes while having fun



Health Trackers

Monitor your progress and celebrate your achievements



Well-Being Resources

View curated information on topics such as mindfulness, fitness, nutrition and more



Wellness Workshops & Programs

Get actionable health tips and learn about well-being topics



Health Advocate Blog

Timely tips to help you live well, find balance and more



Health Information Center

Access resources on virtually any health topic



Fitness Discounts

Find deals for online classes, memberships, nutrition resources and more through GlobalFit



Seasonal Campaigns

Receive weekly emails during our Spring Into Summer, Commit to Quit and Maintain, Don't Gain campaigns



It all begins with you!

Quickly reach us any way you like — by phone, email, online or our mobile app.



888.493.5522

Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/ntic

HealthAdvocateSM