



Earn rewards for living life well



It's that time of year... we're relaunching the NTIC Health & Wellness Program!

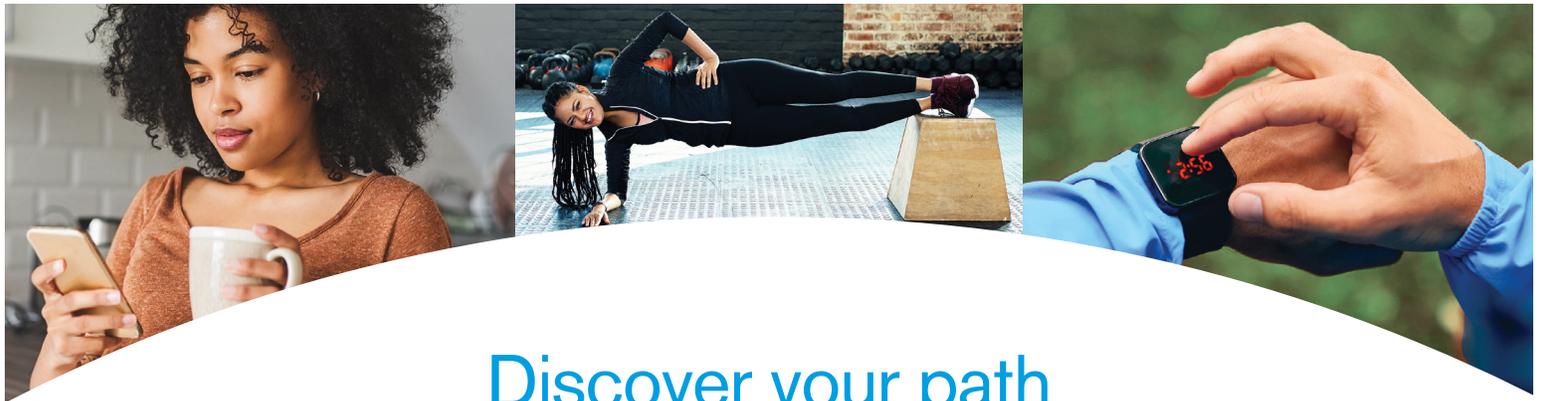
Discover your path to well-being by taking advantage of the activities and resources available through our partnership with Health Advocate.

The NTIC is committed to helping you achieve your best health—and self. We challenge you to make your well-being a priority.

Starting June 1, 2021, complete a selection of wellness activities to earn points. All activities must be completed by May 31, 2022 in order to earn up to \$275!

Keep reading for all the details!





Discover your path to well-being

No matter what your health and wellness goals, Health Advocate can guide you!
The Wellness Program features:



Personal Health Profile

Your current health, in real time



Wellness Coaching

One-on-one support to help you thrive



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



Wellness Workshops and Programs

Increase your well-being knowledge on a variety of topics



Health Advocate Blog

Read articles to help you live well, find balance and more



Health Information Center

Access resources on a variety of health topics



Gym Discounts

Find deals at local fitness centers



Health Advice and Tips

View personalized health information and advice tailored to you



Feature in Focus: Live Chat

Instantly connect with a Wellness Coach through our website or mobile app. After logging in, select the chat bubble at the bottom of the screen to get started.



888.493.5522



Email: answers@HealthAdvocate.com

Web: HealthAdvocate.com/ntic

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Healthier is better when we're in it together!

The NTIC Health & Wellness Program can help you take charge of your health and improve your well-being. We've hand-picked wellness activities to help us improve and maintain our health together! Complete a selection of the activities from the charts on pages 4-5 based on your personal health goals. Earn 350 points to receive a \$175 reward or 550 points for \$275.



Start date:
June 1, 2021



Decide your path,
complete activities



Focus on your health,
feel awesome



Deadline:
May 31, 2022



Receive your
incentive reward!

Wellness Incentive and Program Eligibility

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

Earn

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)



Feature in Focus: Healthy Recipes and Meal Plans

Access Registered Dietitian-approved recipes and meal plans to improve nutrition skills based on your health goals, lifestyle and diet. Log into the Health Advocate website or app. From the "I would like to..." menu, select "Search for Recipes."



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Small steps lead to big gains

Complete well-being activities to meet your personal health goals and earn points toward your incentive reward. **You've got this!**

Activities	Activity Details	Points/Max. Points
Personal Health Profile	Complete this online questionnaire to get personalized tips to help improve your health and well-being.	100/100
Health Advocate Website or App Visit	Log into the Health Advocate website or app to explore the resources available to help you improve your health.	10/40
Be Tobacco-Free	Complete the 12-week Health Advocate Tobacco Cessation Program – online or with a Wellness Coach. Earn points by completing at least 8 weekly sessions.	50/50
Wellness Challenges	In order to earn points, you must track your progress each week of the challenge. They are planned for the entire year to encourage healthy competition between you and your coworkers. Stay tuned for challenge dates and details!	40/200
Wellness Workshops	Participate in online, self-paced workshops on a variety of wellness topics, such as nutrition, fitness, stress, resilience, financial wellness, and more! You must complete all chapters to earn points.	20/140
Don't Weight! Make a Change Program	Learn tips, tricks and long-term strategies to help you not only lose weight, but also to keep it off in this 12-week online program!	40/40
Wellness Commitments	Perform wellness activities and confirm completion on the Health Advocate website.	20/100
Workplace Events	Earn points for One-on-One meeting with Wellness Coordinator, Annual Physical, Proof/Declaration of PCP, Dental and Vision Exams.	10/450
Wellness Referral Program	25 points per referral with a max of 2 referrals per program year. Participant who is referred must have not participated in the program in prior years. Both individuals must complete the program to earn the points.	25/50



Track healthy behaviors for even more points

Use the Health Advocate online trackers listed below 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
 Distanced Exercised	Log the distance you exercise daily	1
 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 1,500mg or fewer 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 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: What other issues is Health Advocate able to assist me and my family with?

A: Health Advocate can help you and your family:

- Weigh healthcare decisions with our MedChoice Support™ tool. Understand the pros and cons of medical services and procedures online or through the app. Click on "Stay Healthy," then "Treatment Alternatives" to get guidance on healthcare decisions and assess your personal preferences so you can make the best care choices.

Q: When is Health Advocate available?

A: We're available 24/7 through our website or mobile app. Normal business hours are Monday - Friday, from 8 AM to 10 PM, ET. Wellness Coaching is available weekdays from 8 AM to 9 PM, ET. Staff is available for assistance after hours and on weekends.



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