



NTIC

2023-2024 Well-Being Program Guide

NTIC is committed to helping our employees focus on their well-being. We've partnered with Health Advocate to offer you expert tools, resources and a reward to help you thrive!



Start date:
June 1, 2023



Complete activities
that will help you thrive



Deadline to earn points:
May 31, 2024



Feel good knowing you've
earned a reward

Well-Being Reward 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

Well-Being Reward & 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.



Being active is
more than a goal —
it's a way of living



Activities	Action(s) to Earn Points	Points/Max.	✓
Healthy Actions			
Personal Health Profile (PHP)	Complete this online survey to assess your lifestyle and its impact on your health.	100/100	
Personal Pathfinder	Take this assessment to help guide you to your well-being priorities and discover what is most important to you.	10/40	
Health Advocate Website or App Visit	Sign on to Health Advocate through the website HealthAdvocate.com/members or the mobile app.	10/40	
Stay on Top of Your Health			
Preventive Care	<p>Stay on top of your health by completing preventive care exams. Visits occurring between June 1, 2023 and May 31, 2024 will qualify for points. Log into Health Advocate to self-report your exams. 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	
Your Tobacco Status			
Tobacco Status	Certify that you are tobacco-free via the online tobacco affidavit or complete the 12-week Quit Tobacco Pathway online.	50/50	



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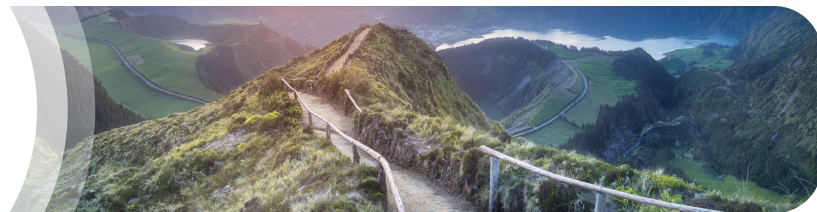
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Well-being is a
journey, not a race



Activities

Action(s) to Earn Points

Points/Max.



Take Action for Better Health		
Personal Pathways	Explore online personal pathways to take action for improved well-being. There are a variety of pathways to choose from to help you build skills and learn new healthy habits.	50/100
Well-Being 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
Well-Being Challenges	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:	
	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.	250 Max
Other Ways to Earn Points		
Wellness Commitments	Perform certain well-being activities and confirm their completion on the Health Advocate website.	Varies
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	<p>We have many fun events planned for the year. Keep an eye out for information about activities you can participate in to earn points.</p> <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
Learning Center	View articles, videos and more about virtually every health and well-being topic across gender, geography and generation.	1/20



Small steps add
up to **big gains**



Track healthy habits and meet the recommended goals to earn points.

Each individual tracker has a maximum of 100 points.

Earn a total maximum of 250 points across all trackers.

Health Tracker	Recommended Goal	Points
 Distance Exercised	Log the distance you exercise daily	1
 Whole Grains	Eat 3 or more servings of whole grains 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 2,500 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
 Meditation / Resilience	Perform one or more meditation or resilience activities daily	1
 Strength 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 volunteering your time at least once a month	10

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



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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 reward program?

A: We are committed to helping you find your path to well-being and thrive. 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 well-being goals Health Advocate supports?

A: We can help you gain insight into your well-being and discover what is important to you through our four pillars: Be Connected, Be Balanced, Be Well and Be Successful.

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, rewards 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. Wellness Coaching is available weekdays from 8 AM to 9 PM, ET. Staff is available for assistance after hours and on weekends.



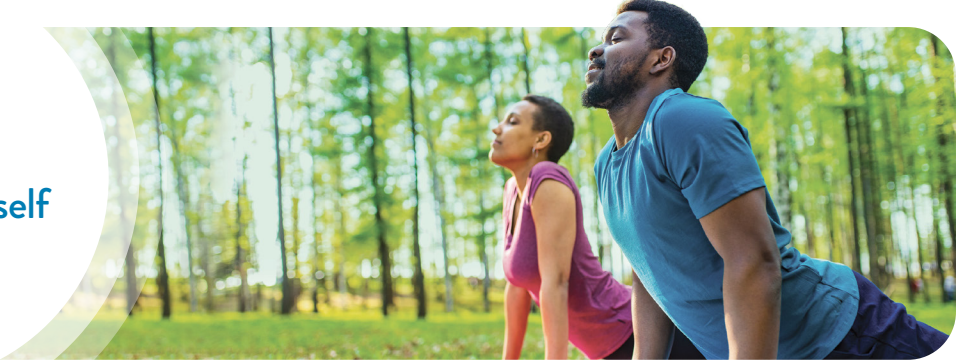

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Never stop
improving yourself

No matter your goals, Health Advocate can help guide you toward increased well-being through our four pillars.

Empowers you to live well by taking
charge of your physical health.

Fosters connection
with yourself, others
and the environment
around you.



Promotes skills to help
you thrive financially, at
work, and at home.

Supports you in caring for your
emotional and mental well-being.

In addition to the well-being activities and resources outlined in the previous pages, you have access to:



Recipes and Meal Plans

- Step up your morning meal game with **bold breakfasts and brunch**
- **Easy make-ahead lunches**—so tasty you'll enjoy eating them all week!
- Quick and easy-to-prepare **dinner recipes**
- Access **meal plans** for a variety of healthy goals such as heart health, weight loss and more



Your Go-To Resources

- **Health Advocate Blog:** Information to help you live well, find balance and more! Visit blog.healthadvocate.com and subscribe to get timely tips sent directly to your inbox.
- **The Learning Center:** Access videos, articles and more on virtually any health and well-being topic



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