



NAPEBT

Wellness Program

HOW TO PARTICIPATE

Register

If you have not already done so, create a username and password on the wellness portal website. www.mywellsite.com/NAPEBT

COVID-19 FAQS

- **Is the deadline of the points for wellness changing?** No. Administratively we are unable to do this.
- **I can't get my annual exam or biometrics. Does this mean I can't participate?** No. You can earn points in many ways including but not limited to our NEW Wellness Journeys which are online behavior change programs worth 6 points each.
- **Are the annual exam and biometrics required to earn an incentive?** No. You can earn points in any way you see fit. Physical activity with home exercise videos or online programs and webinars. You choose!

EARN POINTS AND SAVE

LEVELS	TOTAL POINTS	Reward	NOTES
Level One	12 Points	\$240/yr Discount	This reward is given as a discount on your monthly medical insurance rate.
Level Two	12 Points	\$120/yr Cash	Add to your paycheck, which is taxable. Add to your HSA* or FSA* which is tax free. *option not available at FUSD
Total: Level 1 + Level 2	24 Total Points	\$360/yr Total Reward	\$240 discount on your medical insurance rate plus a \$120 cash reward = \$360 total reward

Earn Points By May 15th

We use the PERMAH model to offer research based interventions in all the important areas of life.



Positive Emotion

Engagement

Relationships

Meaning

Achievement

Health

Building resilience and optimism

Using strengths for peak performance

Creating energizing connections

Connecting to what matters most

Knowing what you want and how to get there

Feeling great with nutrition, sleep, & exercise

POINT OPPORTUNITIES



Annual Medical Exam: Get a check up every year with a medical provider. 12 pt max/year. *This is not required. If you are unable to complete, see other options.*

12 Points



Biometric & Health Assessment: This is a blood draw or a finger stick. Find out your triglycerides and cholesterol. Enter your results into the HA. 8 pt max/year. *This is not required. If you are unable to complete, see other options.*

8 Points



Champions: Serve on a wellness committee or volunteer to support wellness marketing and events. Contact your Benefits Specialist for more information. 8 point max/year.

8 Points



Preventative Screenings: Annual Exam, Well Woman/Well Man, Dental Cleaning (2 Max), Vision Exam, Mammogram/Prostate Exam, Colonoscopy, Skin/Bone Screening, Flu Vaccine, Disease Management Check Ups. Max pts dependent on age appropriate screenings.

4 Points
Each



Volunteer: Research suggests that when you volunteer your health improves! 8 pt max/year.

4 Points



Classes & Events: Lunch & Learns, Nutrition Classes, Mindfulness Classes and more. *Webinars are recorded and posted to website for points. No max.*

1-6
Points



Physical Activity Tracker: 360 minutes of activity = 1 point. That breaks down to 30mins of activity for 12 days/month. All physical activity is counted this way including Aerobic Winter Challenge, Poker Run, etc. 15 pts max/year.

1 Pt/360
Mins



Challenges: Sugar Challenge, Sleep Challenge, Financial Challenge and More! No Max.

4-6
Points



Vera Health Coaching: Intro to Coaching (4ps), 6 Coaching Sessions (6pts). 10 pt max/year. Phone sessions available: 928-774-3985

4-6
Points



Online Learning: Watch the online videos on the new wellness portal on various topics (1pt each), **NEW** Online Wellness Journeys (6pts each). No max.

1-6
Points