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.

Earn Points By May 15th

Earn Points and Save

<table>
<thead>
<tr>
<th>LEVELS</th>
<th>TOTAL POINTS</th>
<th>REWARD</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level One</td>
<td>12 Points</td>
<td>$240/yr Discount $120/yr Cash</td>
<td>This reward is given as a discount on your monthly medical insurance rate. Add to your paycheck, which is taxable. Add to your HSA* or FSA* which is tax free. *option not available at FUSD</td>
</tr>
<tr>
<td>Level Two</td>
<td>12 Points</td>
<td>$360/yr Total Reward</td>
<td>$240 discount on your medical insurance rate plus a $120 cash reward = $360 total reward</td>
</tr>
<tr>
<td>Total: Level 1 + Level 2</td>
<td>24 Total Points</td>
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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. 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. 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, Employer Hosted Events, Community Events, Healthy Living Classes, Living Lean Classes, Ashline, & Climb to Conquer Cancer. 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, Walking Challenge and More! No Max. 4–6 Points

**Vera Health Coaching:** Intro to Coaching (4ps), 6 Coaching Sessions (6pts). 10 pt max/year. 4–6 Points

**Online Learning:** Watch the online videos on the new wellness portal on various topics (1pt each), Stop Stress Course (6pts). No max. 1–6 Points