

Wellness@NAPEBT

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

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

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



Positive
Emotion

Building
resilience and
optimism



Engagement

Using strengths
for peak
performance



Relationships

Creating
energizing
connections



Meaning

Connecting to
what matters
most



Achievement

Knowing what
you want and
how to get there



Health

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