



NAPEBT Wellness Program

We believe you will make the right choices for healthcare and wellness if you are given all the information and provided high quality support. That is why we have made the wellness incentive much easier!



To earn the Health Plan Discount simply complete your annual check up OR attend the Health Plan Seminar. You can do both if you are an overachiever! The seminar is designed to give you all the information you need to get the most out of your health plan.



To earn the Wellness Incentive simply attend the Wellness Seminar. The seminar is designed to teach you all about behavior change and how to use the individualized coaching services we provide.

HOW TO PARTICIPATE

Register

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

Earn Incentive By May 15th

INCENTIVES	INCENTIVES	HOW
Health Plan Discount	\$240/yr Health Plan Discount	Annual Check Up OR Attend Health Plan Seminar
Wellness Incentive	\$120	Attend Wellness Seminar

HEALTH PLAN DISCOUNT

To earn the Health Plan Discount complete the Annual Check Up OR attend the Health Plan Seminar.

Option 1: Annual Check Up: Complete all 4 parts to earn incentive

1. Wellness Doctor Visit: In-person or Online
2. Biometrics: Blood draw or finger stick
3. Intro to Coaching by Vera: In-person or Phone
4. Complete the Health Survey: Online



To schedule the Annual Check Up with Vera Call: 928-774-3985.

OR

Option 2: Attend the Health Plan Seminar. To sign up for the Health Plan Seminar visit the NAPEBT website: www.napebt.com.

FAQs

- **Do I have to complete my annual exam at Vera?** No. You can complete your annual check up with any doctor. However coaching is only free at Vera.
- **If I live outside of Flagstaff, can I still complete coaching by Vera?** Yes, by phone.
- **How do I report completion of the Annual Check Up?** Visit the NAPEBT website to enter by May 15th to receive the incentive.

WELLNESS INCENTIVE

To earn the Wellness Incentive attend the Wellness Seminar. To sign up for the Wellness Seminar visit the NAPEBT website: www.napebt.com.



FAQs

- **Will there still be wellness challenges, classes, and coaching?** Yes!
We will continue to provide high quality services to help you with your wellness goals.
- **Will we still earn points?** No. If you attend the wellness seminar you earn the incentive. The rest of our services are provided to you free of cost to help you achieve your wellness goals.
- **Is the Wellness Seminar in-person or online?** It is offered pre-recorded, in-person, and live online. You can select how to participate when you sign up!
- **How do I report that I completed the Annual Check Up?** Visit the NAPEBT website to enter by May 15th to receive the incentive.