



NTIC

Well-Being Rewards Guide 2024

NTIC has partnered with Health Advocate to help you focus on your well-being—plus, you can earn a reward for your hard work!



Start date:
June 1, 2024



Deadline to earn points:
May 31, 2025



Feel good knowing you've
earned a reward

Well-Being Rewards 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 Rewards Program Eligibility

The NTIC Well-Being Program reward is available to all employees and spouses enrolled in the school district's health insurance. Dependent children age 18+ can utilize the wellness program features, but are not eligible for the reward.

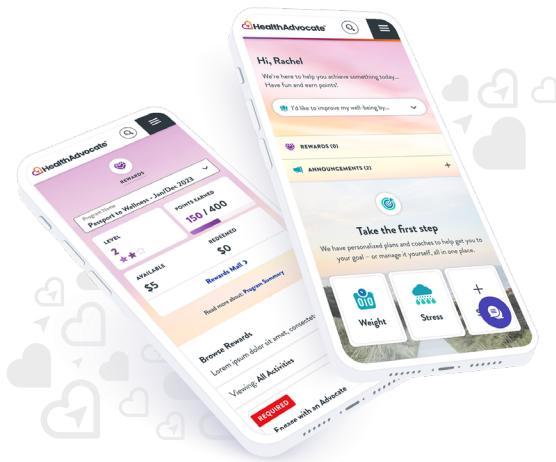


Well-Being Your Way

Be Well | Be Balanced | Be Connected | Be Successful

Silver: Earn 350 points, receive \$175

Gold: Earn 550 points, receive \$275



Get Started!

Review the full program details, plus access activities, track your points and progress, view curated health information and more through Health Advocate's member platform.

HealthAdvocate.com/ntic



Activity

Points/Max.

Personal Health Profile (PHP)	100/100
Personal Pathfinder	10/40
Access Health Advocate website or app	10/40
Link your Fitness Device	5/5
Learning Center	1/20
Personal Pathways	50/100
Preventive Care Exams	25/25
Flu Shot	20/20
Tobacco-Free or Quit Tobacco Pathway	50/50
Well-Being Challenges	
NTIC Challenges	40/200
Personal Challenges	5/20
Workshops	20/140
Other Activities	
Annual Physical	100/100
Annual Health Screening	100/100
Proof of PCP	30/30
Dental Visit	60 points max
Vision Exam	30/30
Wellness Referral Program	25/50















Building better habits helps you make meaningful healthy changes

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.

Be Well Trackers	Recommended Goal	Points
 Fruits and Vegetables	Boost your nutrition by eating 5 or more servings daily	1
 Whole Grains	Eat 3 or more servings of whole grains daily	1
 Sodium	Strive for healthy blood pressure by keeping your intake to 2,500 mg or less daily	1
 Water	Stay hydrated by drinking 8 glasses (64 ounces) of water daily	1
 Distance Exercised	Log the distance you exercise daily	1
 Stretching	Improve your flexibility by stretching for 10 or more minutes daily	1
 Physical Activity <i>Combined tracker</i>	Stay on your feet by taking 10,000 or more steps daily	1
	Get fit by exercising for at least 150 minutes weekly	5
 Weight	Log your weight weekly	5
 Strength Training	Increase your strength by performing this activity 2 or more days weekly	5
Be Balanced Trackers	Recommended Goal	Points
 Sleep	Function your best by sleeping at least 7 hours each night	1
 Meditation / Resilience	Perform one or more meditation or resilience activities daily	1
Be Connected Trackers	Recommended Goal	Points
 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 incentive reward eligible.

Use trackers that help you with your personal goals.



Frequently Asked Questions

Q: How do I register for the Health Advocate platform?

A: Follow these simple steps to register:

1. Visit HealthAdvocate.com/ntic or download the mobile app
2. Click on “Register Now”
3. Enter the required information, confirm your registration, then log in

Q: What can I do on the Health Advocate app?

A: The Health Advocate app has all of the same tools and resources available on the website in a mobile-friendly version. It makes it easier to get healthy on the go and interact with Health Advocate wherever you are and whenever you want!

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 with a wide range of goals that fall under the four learning pillars of Be Connected, Be Balanced, Be Well, and Be Successful. We'll also help you find your personal path to well-being, discover what is important to you, and support you every step of the way throughout your wellness journey.

Q: Are my rewards taxable?

A: Due to IRS rules, rewards are considered taxable income. They 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.

Q: Will my information and interaction with Health Advocate remain private?

A: Yes. Your medical and personal information is kept strictly confidential. Our staff carefully follows protocols and complies with all government privacy standards.

Organization: Northern Tier Insurance Consortium

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HealthAdvocate.com/ntic

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