

Earning points

It's time to be rewarded for taking care of you! Complete tasks between January 1, 2025, and October 31, 2025, to earn rewards.

Category	Incentivized Activities	Maximum Completions per Year	Reward
Health Assessment	Health assessment completion – must complete to earn any incentive reward	1	75
Foundational	Biometric screening – Through Catapult, at home kit or your PCP	1	100
	Women's and family health enrollment – This is provided through Ovia	1	50
	Women's and family health postpartum assessment – This is provided through Ovia	1	50
	Virtual visits registration - Through MDLIVE	1	50
	24/7 Nurseline engagement – Call number on ID card	1	50
	Preventive screenings including:		
	<ul style="list-style-type: none"> • Cervical cancer • Mammogram • Colon cancer • Bone density testing 	2	50
Annual physical	1	50	
Coaching	Engagement with our clinician post-outreach (up to one interaction)	1	100
	Wellness coaching (up to 4 coaching sessions)		
	<ul style="list-style-type: none"> • Manage stress • Improve fitness level • Improve dietary habits • Quit tobacco • Improve blood pressure • Improve cholesterol 	4	50
	Corporate challenges – 2025 Challenges will be provided in Dec. 2024	3	25

- Active employees and their spouses enrolled in either the PPO or the HDP plan are eligible to participate in the wellness program and earn an incentive.
 - Participants must first complete the health assessment through Well OnTarget in order to earn points.
 - Enrolled employees can earn at least a \$300 reward (\$500 for NTTA) for achieving 300 points. Reward amount may vary by employer. Employee must be enrolled in the plan at the time of the reward payout.
 - Enrolled spouses can earn at least \$300 reward (\$500 for NTTA) for achieving 300 points, so as long as the employee earned 300 points. Spouse must be enrolled in the plan at the time of the reward payout.
 - Rewards are paid three times during the year based on when an employee completes 300 points individually or 600 points when participating with a spouse.
 - Points are not rewarded for partially completed programs and points do not rollover to into the new plan year.
- For points earned:
- Points earned through March 31 will be paid by May 31
 - Points earned through June 30 will be paid by August 31
 - Points earned through October 31 will be paid by December 31
- Well OnTarget is a voluntary wellness program. It does not provide medical advice or other health services and is not a substitute for a doctor's care. If an employee have specific health care needs, they should consult an appropriate health care professional. For the Health Assessment, responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities.