



# N Good Health Program Guide

## Join the program

Get started at [NGoodHealth.com](https://www.ngoodhealth.com), available on any device that has internet access.

## Who is eligible?

All employees have access to the N Good Health wellness program, the well-being portal and mobile app. Spouses on a Norton Healthcare medical plan will have the same access.

## Earn rewards

All employees and spouses enrolled in an employee's Norton Healthcare medical plan can complete the program activities between Jan. 1 and Sept. 15, 2022, to earn N Good Health rewards mall points. Your primary reward is your own well-being and an improved connection to other Norton Healthcare employees and resources.

## Important dates

Engage with N Good Health between Jan. 1 and Sept. 15, 2022. Points earned for completing program activities need to be redeemed by Sept. 15.

## Missed the Sept. 15, 2021, deadline?

You still have time to qualify for wellness credits in 2022. Complete the two program activities within the time frames below and you will begin receiving wellness credits and points to redeem in the N Good Health rewards mall.

Completing the N Good Health Program		
Start	End	Wellness credits start appearing on pay voucher
Jan. 1, 2022	March 15, 2022	Employees will begin earning wellness credits on the April 15, 2022, pay voucher for the remainder of 2022.
March 16, 2022	June 15, 2022	Employees will begin earning wellness credits on the July 8, 2022, pay voucher for the remainder of 2022.
June 16, 2022	Sept. 15, 2022	Employees will begin earning wellness credits on the Oct. 14, 2022, pay voucher for the remainder of 2022.

## Tools and resources

Better health is the gift that keeps on giving. Go beyond the program requirements and use your well-being portal all year long to focus on your physical, mental and emotional health.

- Download the Navigate Wellbeing app.
- Complete Video Learning Courses.
- Participate in group and personal well-being challenges.
- Spark friendly competition by adding stakes to group challenges.
- Browse recipes, videos and articles.
- Sync a fitness device to your account to track your step count, activity minutes, sleep hours, nutrition information and more!

## Why participate in a well-being program?

Caring for your mental, emotional and physical health is about more than numbers. It's about personal growth. N Good Health's portal is jam-packed with resources to help you continue your well-being journey, no matter where you are on the path. The program also is a place to connect with others — as you learn and grow, you'll get to know your teammates, support each other's successes, and find plenty of opportunities for fun, friendly competition. Log in today and take the next step toward a healthier, happier future!



# How to participate

## Complete program activities to earn rewards

In 2022, employees and spouses can earn up to 65 points to redeem in the N Good Health rewards mall when you complete two program activities, the Well-being Survey and N Good Health physical by Sept. 15.\*

Please note: Eligible employees and spouses who completed their N Good Health 4 steps by the Sept. 15, 2021, deadline will earn \$910 in wellness credits throughout 2022. If you complete the Well-being Survey and N Good Health physical by Sept. 15, 2022, you can earn an **additional 65 points** to redeem in the N Good Health rewards mall. Points earned can be redeemed in real time. Visit the rewards tab on **NGoodHealth.com** to learn more.

*\*Employees and spouses on a Norton Healthcare medical plan are eligible to earn points to redeem in the N Good Health rewards mall. Points earned need to be redeemed by Sept. 15, 2022.*

## What program activities do I need to do in 2022?

### Take your Well-being Survey (worth 15 points)

Check in on your overall health with the Well-being Survey. After answering a collection of quick questions, you will receive a breakdown of your overall health as it applies to the 8 Pillars of Well-being. This survey can be completed online in just a few minutes.

### Visit your primary care provider for your N Good Health physical (worth 50 points)

Establishing a relationship with a primary care provider allows continuous and coordinated care throughout your lifetime. Having an annual routine physical has been shown to detect early warning signs of many diseases. Don't wait! Schedule your N Good Health physical today. Tobacco testing is part of the N Good Health physical. Once you have a negative tobacco test result, you do not need to be tested again. **IMPORTANT:** All who self-report as nicotine users must complete a tobacco cessation program each year. Nicotine usage includes, but is not limited to, cigarettes, pipes, cigars, chewing tobacco, snuff, snus and vaping/e-cigarettes. [Click here](#) for more information.

## Create an account

1. Visit **NGoodHealth.com**.
2. Select **SIGN UP NOW** and follow the on-screen prompts.
  - a. Employees – Enter your AHSN to create your account.
  - b. Spouses – Enter your spouse number to create your account. Call **(502) 629-2162** to get your spouse number.

For additional assistance, contact N Good Health by clicking [here](#) or calling **(502) 629-2162**.