

## **N Good Health Four Steps Breakdown**

### **Steps 1 & 2- Online questionnaires:**

These are online assessments to click through on NGoodHealth.com. Please note: Step 2 can only be completed when you are up-to-date on your preventative cancer screenings.

### **Step 3- N Good Health Physical:**

This can be scheduled through your My Chart or by calling the Access Center at 629-1234; option 3 for appointments. You will want to make sure you schedule it as an N Good Health Physical. Provider booked up? You can always visit a Walgreens Prompt Care, Visit NortonHealthcare.com/PromptCare to schedule an appointment online at a location near you or simply [CLICK HERE](#). You will want to make sure it is scheduled as an "N Good Health Physical."

### **For the tobacco testing portion of Step 3:**

- If you **DO NOT** use tobacco, let your provider know during your N Good Health visit so a nicotine screening can be ordered at that time. This is a urine collection. If you have a negative result on file, you do not need to do this test again.
- If you **DO** use tobacco, you need to enroll in our online tobacco cessation workshop by logging into NGoodHealth.com, clicking "Wellness Workshops" on the left-hand side & select either the 4 or 12 week tobacco cessation workshop. This includes, but is not limited to, using cigarettes, pipes, cigars, chewing tobacco, snuff, snus and e-cigarettes (vapes).

### **Step 4- Healthy Actions:**

Each "healthy outcome" during an N Good Health Physical is worth 30 points toward Step 4 & there are several other ways to earn points to complete that step. [CLICK HERE](#) and you will find the "healthy outcome" ranges on the left & the "healthy actions" listed on the right to earn those extra points.

### **Questions?**

#### **[Click to Submit an N Good Health Self-Service Ticket](#)**

*If it is unreasonably difficult or inadvisable due to a medical condition for you to complete the 4 steps to earn wellness credits, you may complete a medical exclusion form in order to qualify for them. Call the N Good Health Department at (502) 629-2162 for the form or answers to any questions.*