

N Good Health:

Current options to earn healthy action points

These activities must be completed by September 28th, 2021. If you believe you are due points and they are not accurately reflected in your account, please contact N Good Health by September 28th to resolve this before the website resets for the new campaign period.

Physical Activity

- **Tracking steps (1 point per day)**

You can manually enter your steps on NGoodHealth.com by clicking "My Tracking Tools" at the top of the page, then "Steps". For any day you enter at least 7500 steps, you will get one point for that day. You can back log your steps up to 7 days.

- **Improvements in blood pressure, weight, or waist circumference (30 points each)**

If you have made a risk category improvement since your N Good Health physical, you can earn points for lowering your blood pressure, bringing your waist circumference to a healthy range (under 35 in for women, under 40 in for men) or 5% weight loss since your exam. You can stop by any Norton Employee Health location for a recheck in any of those areas.

Healthy Eating

- **WW (formerly Weight Watchers)**

If you have completed at least 9 weeks of a 12 weeks program- whether it be online or in-person- you may qualify for N Good Health points and partial reimbursement for your program costs. Please contact N Good Health at (502) 629-2162 for more details or submit a self-service ticket via NSite.

- **"Staying Healthy in an Unhealthy World" podcast series**

You can find the podcasts on Spotify or on the Podcasts app if you have an iPhone. After pulling up the app, you would type "Staying Healthy in an Unhealthy World" in the search bar. At the end of each podcast, the host mentions a code word. To receive points, you would login to your account on NGoodHealth.com, click the blue hexagon marked "Step 4: earn 100 points", scroll down a bit and click "Staying Healthy in an Unhealthy World" podcast series (10 points / episode) (up to 10 points daily)". On that page, you can click the "complete" box and enter the podcast code you heard during your episode. Please allow up to 48 hours for your points to be awarded.

Emotional Well-Being

- **NVolved (1 point per volunteer hour, up to 15 points) employees only**
You will earn healthy action points toward step 4 when you record your verifiable volunteer service hours in the Community Benefit Activity Reporting tracker on Nsite.
- **Follow the Norton Way to Well-Being (10 points) employees only**
Follow the Norton Way to Well-being to discover Norton Healthcare-supported resources to help you relax, reset and rediscover the importance of taking care of you! Take assessments, listen to podcasts, watch videos and more! The interactive site is designed to support you in each and every moment of need. To start the course from the Nsite, click on the green "Well-Being" tile, then click "NEW RESOURCE: Resiliency site now available" to launch the course. After completing the course, log into your N Good Health account, click the "Norton Way to Well-Being" button on the left-hand side of the page and follow the instructions to earn 10 healthy action points.

Financial Well-Being

- **Nvest workshops (5 points per workshop, up to 30 points)**
These can be found in your N Good Health account, on the left hand side under Wellness Workshops. There are 6 Nvest workshops, worth 5 points each. These are very short and you can finish multiple workshops in a single day, so it's a very quick, easy way to earn 30 points in a single sitting.

Condition Management

- **RX for Better Health**
This is a diabetes management program that can help you save money on your prescriptions and testing supplies while empowering you to take care of your health. For speaking with a member of our Rx for Better Health team, you will receive 30 healthy action points for N Good Health. Your session can be in-person or virtual. Call (502) 629-8099 or email rxforbetterhealth@nortonhealthcare.org to get started. Please make your appointment at least 3 days in advance.
- **Medication Management Program**
If you take several medications and find it hard to keep up, recently discharged from the hospital with new medications, OR if you don't understand all the medications you take, please take this opportunity to speak with a Norton Healthcare pharmacist. You will receive 30 healthy action points for N Good Health after completing your session- which can be in-person or virtual. Call (502) 629-8099 to get started. Please make your appointment at least 3 days in advance.