

WINNING is easy with N Good Health

Now is the best time to start becoming a healthier you!

N Good Health's goal is to help you maintain or improve your health and achieve a realistic work/life balance. Engage in the program all year long to focus on yourself and earn real-time rewards! From nutrition to physical activity, mental well-being to community belonging, a lot of things make up a healthy you!

With the relaunched N Good Health program, there are now even more ways to win big. Lots of employees will win prizes in 2022. Will you compete?

January

Create your account on the new **NGoodHealth.com** by Jan. 31, 2022, to be entered to win 200 points to redeem in the N Good Health rewards mall. Five winners will be chosen.

February

Visit a N Good Health wellness fair and be entered to win 25 points to redeem in the N Good Health rewards mall. To qualify, you must have an N Good Health account, download the Navigate Wellbeing app and have your N Good Health physical already scheduled. Thirty winners will be chosen (five at each wellness fair).

March

Complete the well-being survey and your N Good Health physical by March 15, 2022, to be entered to win free medical insurance for 2023 and 500 points to redeem in the N Good Health rewards mall. Three people will win free medical insurance, and 10 winners will be chosen for the rewards mall points.

April

Complete the "Find Your Stride" challenge to be entered to win a fitness tracker. Five winners will be chosen for a Fitbit, Garmin or Apple watch.

May

Complete a workshop or video course on **NGoodHealth.com** by May 31, 2022, to be entered to win tickets on the town, a hot air balloon ride, free entry in the Bike to Beat Cancer or admission to the Festival of Trees & Lights. Sponsored by the Norton Healthcare Foundation.

June

Complete the well-being survey and your N Good Health physical by June 15, 2022, to be entered to win free medical insurance for 2023 and 500 points to redeem in the N Good Health rewards mall. Three people will win free medical insurance and 10 winners will be chosen for the rewards mall points.

August

Complete the "Sips Ahoy" challenge and be entered to win a Bluetooth-connected water bottle. 10 winners will be chosen.

Have questions? Call our team at (502) 629-2162 or submit a service request on **Nsite** by selecting N Good Health under Departments and clicking on the "Contact Us" button.

