N Good Health: How to participate

You can get healthier and earn money at the same time by participating in N Good Health, Norton Healthcare’s employee wellness program. Eligible employees* can take advantage of many programs and resources designed to keep you healthy and well, including the 4 steps.** You can earn up to $910 per year in wellness credits when you participate.

Let’s get started

Visit NGoodHealth.com to get started. The site is accessible from any device with internet access.

- If you don’t have an account, select “Sign up Now!” to register on NGoodHealth.com.
- If you have an account, log in and click the step icons to get started. Need help? Visit the frequently asked questions page to learn more about how to complete the 4 steps.

Do the 4 steps

Each year, eligible employees must complete the 4 steps between Jan. 1 and Sept. 15 to earn wellness credits for the following year. Eligible spouses also can complete the 4 steps.***

Step 1: Take your health risk assessment

The online health risk assessment helps identify your health risks and allows you to create your own personal wellness plan. The assessment consists of 50 questions and takes 15 minutes to complete.

Step 2: Complete your annual wellness statement

Your annual wellness statement helps ensure that you are up to date on your cancer prevention screenings and encourages you to live a tobacco-free lifestyle.

Before you can complete your annual wellness statement, you must:

- Have an up-to-date mammogram and Pap smear (women).
- Have an up-to-date colorectal screening (men and women).
- Not be a tobacco user, or if you are a tobacco user, have completed an approved tobacco cessation program.

Approved tobacco cessation programs are available through NGoodHealth.com. These programs take between four and 12 weeks to complete. To complete the four-week program before the deadline, you must register by Sunday, Aug. 25, 2019.
Step 3: Visit your primary care provider for your N Good Health physical

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.

If you have a Norton Healthcare primary care provider:

- Schedule your N Good Health physical through MyNortonChart or call (502) 629-1234. When scheduling, tell them this is for your N Good Health physical.
- There are incentives for completing your physical early, such as increased access to appointment dates and times, as well as entry into prize giveaways provided by N Good Health.
- Always sign the N Good Health consent at your N Good Health physical.

If you have a non-Norton Healthcare primary care provider:

- Log in to NGoodHealth.com and click on the step 3 icon. Download the provider form and have your provider complete it during your physical. Fax the completed form to N Good Health at (502) 666-7667.

Tobacco testing is part of the N Good Health physical. Go to NGoodHealth.com and click on the step 3 icon to learn more about tobacco testing.

Step 4: Earn 100 points

To earn points, you can achieve healthy outcomes or complete a healthy action.
Healthy outcomes

Healthy outcomes are key markers of wellness gathered during your N Good Health physical. Completing your physical early is important to know if you meet three of five healthy outcomes or have risk category improvement. Each healthy outcome is worth 30 points.

- **Blood pressure**
  - Less than 120/80 mmHG (systolic/diastolic)

- **Blood sugar**
  - Fasting glucose: 70 to 99 mg/dL or
  - Random glucose: 80 to 139 mg/dL or
  - Hemoglobin: A1C less than 5.7 percent

- **Cholesterol**
  - LDL less than 130 mg/dL

- **Tobacco use**
  - Negative nicotine test result (If N Good Health has a negative tobacco test on record, you do not need to be tested further.)

- **Weight**
  - Body mass index (BMI) between 18.5 and 24.9 or
  - 5 percent weight loss from a previous N Good Health exam or
  - Waist circumference
    - Men: less than 40 inches (102 cm)
    - Women: less than 35 inches (88 cm)

Healthy actions

Healthy actions are completed by participants who want to improve their health or need to earn points for step 4. Healthy actions can take up to 120 days to complete. Having your physical early will help you know if you need to complete a healthy action.

<table>
<thead>
<tr>
<th>Points</th>
<th>Activity Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 point</td>
<td>Walk more than 7,500 steps</td>
<td>Physical activity is the best way to reach many of the healthy outcomes. Walking more than 7,500 steps per day can earn you one healthy action point.</td>
</tr>
<tr>
<td>1 point/hour volunteered</td>
<td>New! Nvolved community engagement</td>
<td>Social wellness is related to your emotional well-being and is an important part of your overall health. Activities such as volunteering allow you to connect with your community and enforce positive behaviors and feelings. For each hour you volunteer, you’ll earn one healthy action point, up to 15 points total.</td>
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<tr>
<td>3 points</td>
<td>YMCA or Y @ Work check-in</td>
<td>A regular workout routine is a cornerstone of good health. The YMCA makes it easy to find fitness opportunities that fit you and your lifestyle. Every day you check in at the Y @ Work or YMCA fitness center you will earn three points. Call Jill Ballard at (502) 587-2118 to alert the YMCA that you are a Norton Healthcare</td>
</tr>
</tbody>
</table>
employee or spouse. You must scan in each time you visit the Y @ Work or YMCA fitness center. Each check-in earns three healthy action points. Points will be aggregated and awarded at the beginning of every month.

Life can throw you off balance sometimes. Reaching out to someone can help keep you well. Norton Healthcare offers all employees free, confidential support through the Employee Assistance Program (EAP), administered by Wayne Corporation. You will earn 25 healthy action points per visit up to 100 points. Call (502) 451-8262 to make an appointment.

25 points/session  
New! Staying Balanced with EAP

30 Points  
Anthem ConditionCare

30 Points  
New! Real Food and You online workshop series

30 Points  
New! Back to Life: Neck and Back online workshop

85 Points  
YMCA Diabetes Prevention

85 Points  
Rx for Better Health

More information

How do I know if my 4 steps are complete?
To see which steps you’ve completed, log in to NGoodHealth.com and select “Check if your 4 steps are done.” This link takes you to a page that shows your progress toward completing the 4 steps. A step is complete when the bar is solid green. All four bars must be green by the Sept. 15 deadline.

It’s not too late to receive wellness credits in 2019
Missed the 4 steps deadline? You still have time to qualify for wellness credits in 2019. Complete the 4 steps and you will begin receiving wellness credits based on the following time frames:

<table>
<thead>
<tr>
<th>Completing the 4 steps</th>
<th>Wellness credits start appearing on your pay voucher</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start</td>
<td>End</td>
</tr>
<tr>
<td>Sept. 16, 2018</td>
<td>Sept. 30, 2018</td>
</tr>
<tr>
<td>Dec. 16, 2018</td>
<td>March 15, 2019</td>
</tr>
<tr>
<td>March 16, 2019</td>
<td>June 15, 2019</td>
</tr>
<tr>
<td>June 16, 2019</td>
<td>Sept. 15, 2019</td>
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New employees

Norton Healthcare offers the N Good Health wellness program as a benefit to you and your spouse. Eligible employees earn $35 in wellness credits per pay period for the first 180 days of employment. That’s money added to your paycheck! Eligible spouses also earn $35 in wellness credits per pay period. Both you and your spouse must complete the 4 steps within the first 180 days of employment to continue earning wellness credits. If you do not complete all the steps within this time frame, you no longer will receive wellness credits.

*Employees statused to work at least 32 hours per pay period and spouses who are enrolled in a Norton Healthcare medical plan can qualify to earn $35 in wellness credits per participant per pay period by doing the 4 steps. The credits appear on the employee’s pay voucher under “Wages” and increases gross earnings.

**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 N Good Health at (502) 629-2162 for the form or answers to any questions.

***A spouse member number is needed to create an N Good Health account. To obtain a spouse member number, call the Norton Service Center at (502) 629-8911, option 3. Go to NGoodHealth.com and select the green “Sign up Now!” button. Enter the spouse member number in the field indicated and choose a username and password. Once an account is created, spouses can log in and begin completing the 4 steps.