

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



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



Complete your 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



Complete 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



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.

1 point	Walk more than 7,500 steps	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.
1 point/hour volunteered	<i>New!</i> Involved community engagement	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.
3 points	YMCA or Y @ Work check-in	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

25 points/ session	<i>New!</i> Staying Balanced with EAP	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.
30 Points	Anthem ConditionCare	Complete at least three calls with Anthem ConditionCare to earn 30 points.
30 Points	<i>New!</i> Real Food and You online workshop series	Making the healthy food choice is not always easy to do or understand. However, recognizing the benefits of including "real food" in your diet and discovering easy ways to incorporate it into your meals could be keys to your wellness success. Earn 30 healthy action points per workshop in this two-part online series.
30 Points	<i>New!</i> Back to Life: Neck and Back online workshop	Neck and back discomfort can keep you from doing things you love and affect your work. Don't let discomfort become pain or injury. Complete this six-week online workshop to earn 30 healthy action points.
85 Points	YMCA Diabetes Prevention	Get your health on track through healthy eating, activity and weight loss. This program now is 100 percent covered by Norton Healthcare medical insurance. Successfully complete the program to earn 85 healthy action points.
85 Points	Rx for Better Health	You can balance it all, including managing your diabetes, with the support of Rx for Better Health. The supported program connects you to a registered dietitian, pharmacist and other resources to improve your condition and reduce the chances of complications. You can earn 85 healthy action points when you participate in this program.

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:

Completing the 4 steps		Wellness credits start appearing on your pay voucher
Start	End	
Sept. 16, 2018	Sept. 30, 2018	Preparing for 2019 program launch
Oct. 1, 2018	Dec. 15, 2018	Jan. 11, 2019
Dec. 16, 2018	March 15, 2019	April 5, 2019
March 16, 2019	June 15, 2019	July 12, 2019
June 16, 2019	Sept. 15, 2019	Oct. 18, 2019

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 statures 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.*