

2025 NAPEBT Wellness Incentive Program

The Health Plan Incentive is \$240 Health Plan Discount for watching the Wellness Overview Video.
 The Personal Wellness Incentive is \$120 for redeeming 1200 wellness points in the My Vera Reward Center.
 Complete (and attest to completing) the following activities between May 16, 2024 and May 15, 2025.

Program	Rewardable Action	Points	Earning Frequency
NAPEBT Wellness Overview Video	Complete watching the NAPEBT Wellness Overview Video and Powerpoint	N/A	Completion of the video is all that is required to earn the Health Plan Incentive.
Annual Physical & Biometric Attestation	Annual Physical and Biometric Screening at Vera or with your Primary Care Physician	1200 per screening	Once per wellness plan year.
Attest to Preventative Cancer Screenings	Screenings may include: -Prostate exam -Cologuard -Colonoscopy -FIT Test -Dermatologist exam	600 per screening	One of each type of screening per wellness plan year.
Attest to Women's Health Preventative Screenings	Screenings may include: -Mammogram -Pap Smear -Prenatal (up to 2 visits per year)	600 per screening	Mammogram and Pap Smear once per wellness year. Two prenatal visits per wellness plan year.
Attest to Dental Visit Completion	-Dental cleaning/exam You may attest to up to two dental visits per wellness plan year.	600 per screening	Max of 1200 points in this section.
Attest to Preventative Eye Exam	Screenings may include: -Eye Exam -Retinavue exam	600 per screening	One of each type of screening per wellness plan year.
Hinge Health	Complete sessions on the Hinge Health App	5 points per session	Max of 30 points per day
GLP-1 and Weight Management Program	Complete your scheduled appointment with the Vera Clinic	300 points per appointment	Max of 1200 points in this section.
Attest to NAPEBT Wellness Resource	Sessions may include: <ul style="list-style-type: none"> • 30 Minute Health Coaching at Vera • 30-60 Minute Diabetic Nutritionist at Vera • 30-60 Minute Nutrition Coaching with Evolve • 60 Minute Personal Training with New Roots • 60 Minute Jorgensen Brooks EAP Session 	300 per session	You may attest to attending each of the above more than one time in the wellness plan year. Max of 1200 points in this section.
Attest to Watching 60 Minutes of Videos or Attend/Watch a NAPEBT or My Vera	Attest to watching at least 60 minutes of NAPEBT vendor wellness videos: <ul style="list-style-type: none"> • Hinge Health • GLP-1 and Weight Management Program • Jorgensen Brooks Group EAP Videos • Stress Stop Videos 	Each 60 minutes of video viewing is worth 300 points.	You may attest to each 60 minutes of video viewing. Max of 1200 points in this section.

Lunch & Learn from 5/16/24 -5/15/25	<ul style="list-style-type: none"> Green Path Financial Awareness Videos Blue Cross Blue Shield Videos Attest to attending or watching a NAPEBT or My Vera Lunch & Learn from 5/16/24-5/15/25		
NEW Agency Specific Events	Attest to participating in events hosted by your agency's Wellness Committee	Each agency specific event is worth 300 points.	Maximum number of points determined by the number of agency events. The My Vera Portal specifies eligible events by agency.
The following activities must be completed in the My Vera Portal			
My Vera Get Active-Steps Tracking and Conversion	Manually track activities/steps or use an activity/step tracker to earn points in the My Vera portal. Points must be logged or synced less than every thirty days to earn points. <ul style="list-style-type: none"> 5,000 steps = 5 points 7,000 steps = 7 points 10,000 steps = 10 points 	5, 7, or 10 points a day	My Vera Portal
My Vera Eat Smart - Nutrition Tracking	Track your nutrition	10 points a day	My Vera Portal
My Vera Sleep Well – Sleep Tracking	Track your sleep	5 points a day	My Vera Portal
My Vera Portal Challenges	Participate in a challenge in the My Vera Portal	TBD	My Vera Portal
My Vera Health Assessment	Participate in the Health Assessment in the My Vera Portal	100 per assessment	One per wellness plan year.
Sweepstakes			
Please note, to participate in the Personal Wellness Incentive, you must <u>redeem</u> 1200 points in the My Vera Reward Center (WIP Form) by selecting the Wellness Incentive Reward by the deadline of May 15, 2025. You may also redeem points to participate in sweepstakes for gift cards and prizes. We recommend you participate in sweepstakes with any points in excess of 1200. Please ensure you have enough points to redeem the Personal Wellness Incentive by the deadline of May 15, 2025. If you earn 1200 points, but do not redeem the points by the deadline, you will not receive the Personal Wellness Incentive.			