

2022

NMC Employee Wellness program guide

Rewards, challenges, recipes, and more



Welcome to your NMC Employee Wellness program!

This guide contains instructions for joining the program, completing requirements, and earning rewards.

Welcome to the NMC Employee Wellness program! We're glad you're here. This program—and the online platform at NMCEmployeeWellness.com—are here to help you focus on your mental, physical, and emotional health. There are resources to help you achieve your goals, no matter what they are.

Log in today and take the next step toward a healthier, happier future!

Join your program:

Get started at
NMCEmployeeWellness.com

Earn rewards:

You could earn up to \$250 in the rewards mall per year for participating! Learn how to qualify inside.

Eligibility:

The program is open to full-time, part-time (regular), and part-time (benefits eligible) employees and spouses on medical.

All qualifying activities must be completed by December 31, 2022.

Tools & resources:

- Complete Video Learning courses
- Join group and personal challenges
- Recipes, articles, and health tracking
- Sync apps and devices (or download the Navigate Wellbeing app)
- Connect through the message center

How to participate

Create an account

1. Visit [NMCEmployeeWellness.com](https://nmcemployeewellness.com)
2. Select **JOIN NOW** and follow the onscreen prompts.

Your unique ID is your employee ID. Spouses can login using the employee's ID with "s" at the end.

24/7 resources

Rewards are great, but so is looking after your personal wellbeing. Use the platform to achieve your personal goals and your program goals with tools focused on your physical, mental, and emotional health.

- Download the Navigate Wellbeing app.
- Complete Video Learning Courses.
- Participate in group and personal wellbeing challenges.
- Create your own "snap challenges" and invite others to join.
- Spark friendly competition by adding stakes to group challenges.
- Browse recipes, videos, and articles.
- Sync a device or manually track your step count, activity minutes, sleep hours, nutrition information, and more!

NMC Wellness Program Representative

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Complete program activities to earn rewards

Complete activities listed to earn points throughout the year. You can earn a total of \$250 per year (25000 credits) in the rewards mall.

Rewards will be given each quarter. 1 point = \$1 (100 credits) to a max of \$250.

Through Everside Health's Wellness Coaching, you'll receive one-on-one coaching and encouragement that considers your goals, strengths, and motivations for being healthy—and a common sense plan that works for you.

With an Everside health coach, you'll learn:

- The importance of "growth-promoting" relationships and self-motivation
- How to set SMART goals that are realistic and focused on small, long-term changes
- The role that mental health plays in physical health, and vice versa

Access the health coaching interest form within your dashboard for more information. Once you complete the registration form, a wellness coach will reach out to you within 48 hours and match you with the right coach based on your personal goals and an appointment will be scheduled

Your program activities

Visit the activities table on your platform dashboard for more detail about completion requirements and to track your progress in the program.

Activity name	Points	Maximum completion
Wellbeing Your Way		
Wellbeing Survey	25	1
Video Learning Opportunities	50	6
Volunteerism	20	2
Onsite Event	20	2
Blood Donation	20	2
Download the Navigate Wellbeing App	15	1
Preventive Care		
Health Coaching	100	1
Well Exam/Annual Physical	100	1
Age and Gender Specific Screenings	25	2
Dental Cleanings	25	2
Tobacco Affidavit	25	1
Challenges		
Q1 Group Challenge Be The Spark	50	1
Q2 Group Challenge Spring Into Shape	50	1
Q3 Group Challenge Mission Nutrition	50	1
Q4 Group Challenge Give it a Rest	50	1
Personal Challenges 7 days	5	9
Personal Challenges 8-28 days	25	27
Personal Challenges 28+ days	50	10

Group challenges

What are group challenges?

Group challenges are a great way to stay connected with your organization, engage in healthy activities, and earn points towards your wellness reward.

Group challenge participants will have access to a downloadable challenge guide with tips and advice on how to complete your challenge. In addition you'll receive weekly emails to keep you on task and remind you to record in the portal.

Don't forget to download the *Navigate Wellbeing* app for a convenient and easy way to track your activities. The app is available as a free download in the Apple App Store and Google Play App Store! Scan the QR code to download.



Questions? Contact:
info@navigatewell.com
 (888) 282-0822



Be the Spark

January 31 - February 27
Register
 January 17 - January 4

You have the power to make a difference—for yourself and for those around you! Join this challenge for four weeks of positivity and connectedness. Each day, you'll complete tasks that spark positivity in your home, in your community, and in yourself. Join now and be the spark for someone's great mood.

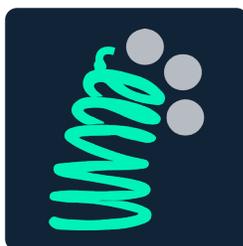
How to complete:

Complete 20 points or more (complete 20 of the 28 days)

Participate as: fly solo

Last day to record: March 6, 2022

Point value: 50



Spring Into Shape

April 11 - May 8
Register
 March 28 - April 15

The grass is green, the air is getting warmer, and the flowers are starting to bloom—time to head outside and get moving! Join this four-week group challenge and track your activity minutes as you learn best practices for exercising your body and refreshing your spirits in the great outdoors.

How to complete:

Track at least 30 minutes of activity for minimum 20 of 28 days.

Participate as: Team or fly solo

Team size: 2 to 10

Last day to record: May 15, 2022

Point value: 50



Mission Nutrition

June 20 - July 31
Register
 June 6 - 24

Your not-so-top-secret mission? To join this group challenge and target healthy daily nutrition! Over six weeks, you'll learn simple life hacks for eating well-rounded meals and reducing your personal cravings, all without sacrificing a healthy relationship with food.

How to complete:

30 points or more (completing 30 of 42 days)

Participate as: fly solo

Last day to record: August 7, 2022

Point value: 50



Give it a Rest

October 3 - 30
Register
 September 19 - October 7

When schedules get busy, proper rest is the first thing to go—but it's actually a major foundation of health and wellbeing. During this four-week challenge, you'll learn best practices for scheduling sleep, limiting late-night screens, and more. Choose to snooze and join today!

How to complete:

Earn at least 28 points. Track your daily hours of sleep (at least 1 hour per day) for at least 20 of 28 days.

Participate as: fly solo

Last day to record: November 6, 2022

Point value: 50