

N Good Health Program Guide

Join the program

Get started at **NGoodHealth.com**, available on any device that has internet access.

Who is eligible?

All employees have access to the N Good Health wellness program, the well-being portal and mobile app. Spouses on a Norton Healthcare medical plan have the same access.

Create an account, if you didn't in 2022:

1. Visit **NGoodHealth.com**.
2. Select JOIN NOW and follow the on-screen prompts.
 - Employees: Enter your AHSN to create your account.
 - Spouses: Enter your unique spouse number to create your account. Call **(502) 629-2162** to get your spouse number.

For additional assistance, contact N Good Health by visiting the N Good Health department page on **Nsite** or calling **(502) 629-2162**.

Important dates

Engage with N Good Health between Sunday, Jan. 1, and Friday, Dec. 1, 2023.

Complete program activities to earn points

Employees and spouses can earn up to \$910* for 2024 when you complete program activities throughout 2023. Program activities help you along your wellness journey and earn you program activity points. The points you earn add up and move you from level to level throughout the year.

The more program activities you complete, the more points you earn. The higher the level you reach, the higher the rewards you earn: The level you finish on Dec. 1, 2023, will lock in your rewards for 2024.



**Employees and spouses actively covered on a Norton Healthcare medical plan are eligible for financial incentives.*



Are you actively covered on a Norton Healthcare medical plan but not earning N Good Health rewards in 2023?

You still have time to qualify for a financial incentive in 2023. You'll start receiving your financial incentive for achieving one of the levels listed below during the jump-on dates listed in the chart. Complete program activities to progress through the levels. You can begin earning rewards with as few as 200 points. By completing program activities, you can achieve blue level by Dec. 1, 2023, to lock in your rewards for 2024.

THE LEVEL YOU ACHIEVE WILL KICK IN YOUR REWARDS.		
Start	End	Start receiving rewards
Jan. 1, 2023	March 15, 2023	April 14, 2023
March 16, 2023	June 15, 2023	July 21, 2023
June 16, 2023	Sept. 15, 2023	Oct. 12, 2023
Sept. 15, 2023	Dec. 1, 2023	Jan. 5, 2024

Tools and resources

Better health is the gift that keeps on giving. Go beyond the program requirements and use your well-being portal all year long to focus on your physical, mental and emotional health.

- Download the Navigate Wellbeing app.
- Browse recipes, videos and articles.
- Complete video learning courses.
- Sync a fitness device to your account to track your exercise.
- Participate in group and personal well-being challenges that track your steps count, activity minutes, sleep hours, nutrition and more.
- Spark friendly competition by adding stakes to group challenges.

Why participate in a well-being program?

Caring for your mental, emotional and physical health is about more than numbers. It's about personal growth.

N Good Health's portal is jam-packed with resources to help you continue your well-being journey, no matter where you are on the path. The program also is a place to connect with others — as you learn and grow, you'll get to know your teammates, support each other's successes, and find plenty of opportunities for fun, friendly competition. Log in today and take the next step toward a healthier, happier future!

