All for Health

Did You Know the Wellness Incentive Is Increasing?

Reach different incentive levels to lower your medical premium costs! Starting in 2024, the premium discounts will be greater! Begin first by completing your Health Assessment and then choose from various wellness activities found below.

Incentives earned during the 2023 plan year will be applied in 2024 as medical premium discounts.

Incentive Levels

Bronze = 120 points = 10% of the single employee portion rate

Silver = 320 points = 15% of the single employee portion rate

Gold = 500 points = 20% of the single employee portion rate

Program Year: Nov. 3, 2022 – Oct. 31, 2023

New employees hired on or after Aug. 1, 2023 will automatically receive the middle-level wellness incentive.

Asset Health®

Nidec
All for dreams

Activities and Requirements

Activities	Points Per Activity	Max.
Biometrics	50	50
Health Assessment	50	50 (required)
Healthy Biometrics— (BMI/waist circumference, glucose, HDL, blood pressure, triglycerides)	35	175
Online Wellness Courses	15	75
Physical Activity—7,500 steps per day	2	200
Physical Activity Workouts—3 days per week minimum, 30 minutes per day	5	125
Preventative Care Exam (i.e. medical, dental, vision)	50	200
Daily Mini-Challenges	1	100
SMART Goal Completion	15	60
Wellness Challenge Completion	35	105
EAP Course	30	30
Donate Blood	30	30
Teladoc (register and utilize)	20	40
Review/Designate Beneficiaries (Vanguard)	50	50
Engage with Condition Management (BCBS)	75	75
Engage with Maternity Management (BCBS)	75	75
Engage with Lifestyle Coaching (BCBS)	50	50

Log in today to start improving your health!

Visit **assethealth.com/Nidec** on your desktop or mobile device.

*First-time website visitors: If this is your first time logging in, please use the default credentials below:
   Username: first initial of first name, full last name + Employee ID
   Password: date of birth (mmddyyyy)

*You will be asked to change your username and password after logging in.

Returning website visitors: please log in with the credentials you established on your initial login.

Questions?

Contact us at **support@assethealth.com** or **855-444-1255**.