

Welcome to Your 2022 Wellness Program

All for Health

Nidec cares about you and your family, and we want to reward you for engaging in your health and wellbeing. Your wellness program offers three incentive tiers, giving you the opportunity to lower your health care costs by completing activities. Begin first by completing your Health Assessment and biometric screening and then choose from various wellness activities found below.

Incentive Levels

Bronze = 120 points = 5% of the single employee portion rate

Silver = 320 points = 10% of the single employee portion rate

Gold = 500 points = 15% of the single employee portion rate

Program Year: Nov. 4, 2021 – Oct. 31, 2022

New employees hired on or after Aug. 1, 2022 will automatically receive the middle-level wellness incentive.

Requirements and Activities

Activities	Points Per Activity	Max.
Biometrics	60	60
Health Assessment	60	60
Healthy Biometrics— (BMI/Waist Circumference, glucose, HDL, blood pressure, triglycerides)	25	125
Online Wellness Courses	10	50
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	25	75

Log in today to start improving your health!

Visit asethealth.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@asethealth.com or 855-444-1255.

