

Welcome to Your 2024 Wellness Program



Nidec cares about you and your family, and we want to reward you for engaging in your health and well-being. 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 = 10% of the single employee portion rate in 2025

Silver = 320 points = 15% of the single employee portion rate in 2025

Gold = 500 points = 20% of the single employee portion rate in 2025

Program Year: Nov. 1, 2023 — Oct. 31, 2024

New employees hired on or after Aug. 1, 2024 will automatically receive the middle-level wellness incentive.

Activities and Requirements

Activities	Points Per Activity	Max.
Biometrics	50	50
Health Assessment	50	50 (required)
Healthy Biometrics— Meet or improve by 5% (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
Preventive 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
Learn about EAP: Custom Course—70% passing score	30	30
Donate Blood	30	30
Review/Designate Beneficiaries (Vanguard)	30	30
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**.

