

# Welcome to Your 2025 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 2026
- Silver** = 320 points = 15% of the single employee portion rate in 2026
- Gold** = 500 points = 20% of the single employee portion rate in 2026

### Program Year: Nov. 1, 2024 — Oct. 31, 2025

New employees hired on or after Aug. 1, 2025 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., annual physical, dental, vision)                                                    | 50                  | 200           |
| Other Preventive Care Exam (i.e., skin cancer screening, colonoscopy, mammogram, Pap smear, PSA)                | 50                  | 100           |
| SMART Goal Completion                                                                                           | 15                  | 60            |
| Wellness Challenge Completion                                                                                   | 35                  | 105           |
| My EAP 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](https://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](mailto:support@assethealth.com) or **855-444-1255**.

