

# Welcome to the 2024 NECA-IBEW Wellness Program:

## Powered by Telligen Health and Well-Being

At **NECA-IBEW**, our goal for this program is to help you achieve your best possible health while making it fun and interactive with lots of milestones along the way.

### How It Works

On the NECA-IBEW portal or MyHealth by Telligen mobile app, you can register for any of our health and wellness challenges, track your progress, and complete various initiatives to help you on your wellness journey. You can even sync devices and apps like Apple Watch, Fitbit, and RunKeeper too!

### Important Dates

Our wellness year will be from January 8, 2024, to December 31, 2024.

<b>Final Day to earn dollars:</b>	December 31, 2024
<b>Final Day to track activities:</b>	December 31, 2024

### Incentives

You will receive your wellness dollars as contributions into your established HRA account and be able to use these contributions for your eligible health expenses now or at any time in the future (including in retirement). [Click here for the 2024 incentives flyer!](#)

TYPE	INCENTIVE AMOUNT	NOTE
<b>Quarterly Challenge</b>	\$50	1x annually
<b>Program Registration/Log In</b>	\$25	UPDATE
<b>Biometric Screening &amp; Health Advising Call</b>	\$100	UPDATE
<b>Health Risk Assessment (HRA)</b>	\$25	UPDATE
<b>Coaching (complete 4 calls to earn incentive, start by 10/31)</b>	\$100	Wellness, AR, or DM
<b>Gym Usage/Independent Workouts and/or Steps*</b> <i>*Completion based on 48 gym visits/independent workouts/yr. Steps completion based on 7,500 steps/day for 48 days during the program year. This reward can be completed twice per year (\$200).</i>	\$100	NEW

Please note: The annual maximum combined incentives cannot exceed \$300/participant and \$600/participant and spouse each program year. This excludes retirees over age 65, their spouses, and all covered dependent children.

## **Biometric Screenings**

There are 4 ways that you can complete a Biometric Screenings:

### **Onsite**

Biometric Screenings will be scheduled throughout the year at various local sites. All members and spouses will be able to schedule their onsite screening through a link found on the events tab. Communication will be sent out to each local once the dates are confirmed.

**Lab Voucher OR Home Kit with LabCorp – [Click here to register & request your voucher or home kit!](#)**

**You will need to register your account.** To register your account:

1. Visit “New Users” on left-hand side of screen & click “Create Account” under Non-eligible participants.
2. When registering, please use code **NECA2024** and fill out your demographic information to sign up.
3. [For instructions on how to request your voucher, click here!](#)

### **Visit your Physician**

Visit your physician and complete a Physician Fax Form. You can download your Physician Fax Form [here!](#)

For best results, fasting is highly recommended (going without food or drink other than water) prior to having the tests performed.

## Eligibility

Programs are available to all participants, but rewards do not apply to retirees over age 65 and their spouses, or to any covered dependent children.

You will receive your wellness dollars as contributions into your established HRA account. You'll be able to use these contributions for your eligible health expenses now or at any time in the future (including in retirement). Total reward amounts available to members and spouses are \$300 per year per person or \$600 per year per family.

Though we hope all members will find this a fun and engaging way to pursue their best personal health, we want to emphasize that participation is *entirely* voluntary. Member taking part in the program or participating in activities do so of their own free will and are responsible for taking necessary precautions and/or consulting their physician when participating in the program.

## Privacy

The NECA-IBEW Wellness website is administered by Telligen. The site has been designed, developed, and coded with the best technology to support full compliance with all applicable federal and state privacy laws inclusive of HIPAA. Additionally, Telligen will administer the specific results of any challenge with PHI or physician fax forms—NECA will only receive *aggregate* information. Should you have any questions or concerns about privacy, you may reach out to us at [avanderbeek@telligen.com](mailto:avanderbeek@telligen.com).

## More

### Syncing with Apple Watch

Participants can also sync with Apple Watch! To do so, sync via your MyHealth by Telligen app.

[Click Here](#) for the instructions and get tracking!

\*Other device syncing still occurs through the Settings page > Apps

Android QR Code



Apple QR Code

