



It's time to be  
rewarded for  
taking care of you!



## The North East Independent School District Incentive Program

Blue Cross and Blue Shield of Texas (BCBSTX) has a Healthy Rewards program.

### Complete two steps to earn a \$75 premium credit

**Step 1:** Take your Health Assessment

**Step 2:** Complete 200 points worth of healthy activities

### Healthy activities available to earn points

200 points	100 points	50 points	25 points
Complete preventive screenings	Walker Tracker Challenge	Receive a Flu shot (onsite at your campus H-E-B clinic or at your PCP)	Attend an H-E-B Nutrition Webinar
Or complete a Biometric Screening - through your Primary Care Physician (PCP) or at your H-E-B onsite clinic	Wellbeats Challenge	Enroll in BCBSTX Fitness Program. Employees enrolled prior to the January 1, 2023, launch of the incentive program will earn their 50 points as long as they're still actively enrolled (at least one visit required per month or quarter)	Attend an Airrosti Webinar
Or get a physical exam at your PCP	Enrollment in a Livongo® program		Attend a BCBSTX Webinar
	Enrollment in the Wondr™ program		

## Check your health status!

Find out how your health measures up by taking a Health Assessment.\* Answer a few questions about your health and lifestyle. Then, receive suggested programs that can help you get and stay healthier.

### FAQ's

- **Do you have to have BCBSTX insurance through the district to participate?** Yes, the \$75 premium credit is only available to employees covered by the BCBSTX insurance through North East ISD.
- **Is this available to BCBSTX covered spouses/dependents?** No, points to earn the premium contribution is for the employee only.
- **What are the requirements to earn the incentive?** All eligible employees must complete two steps to earn the \$75 premium credit. You are required to complete the Health Assessment and earn 200 points worth of activities.
- **How is the premium credit paid?** Premium credits will be paid quarterly, through your paycheck. They are earned once per calendar year, regardless of how many points you earn.
- **How long do I have to complete the activities to earn points?** You can earn points starting January 1, 2023. All activities must be completed by November 3, 2023.
- **How do you earn points?** Points are earned through a variety of activities. Please refer to the chart.
- **How do I complete my biometric screening?** Biometric screenings can be done at your PCP's office. They may also be completed at your campus biometric screening event by H-E-B staff.
- **What preventive screenings are appropriate for me?** You can find recommended wellness guidelines available at [neisd.net](https://neisd.net), under "Departments" and "Employee Wellness" and the BCBSTX Tab.
- **How do I enroll in a Walker Tracker or Wellbeats Challenge?** There will be four challenge opportunities, two Walker Tracker challenges and two Wellbeats challenges. Details with dates and registration information will come from [wellness@neisd.net](mailto:wellness@neisd.net). A full schedule will be posted on [neisd.net](https://neisd.net), under "Departments" and "Employee Wellness" when available.
- **Do webinars need to be watched live to earn points?** Recorded webinars will be allowed to earn the same credit as live webinars, so long as the NEISD employee completes the webinar recording form located on the Employee Wellness website within 30 days of watching the recording.
- **How do I access the Health Assessment?** Go to [wellontarget.com](https://wellontarget.com). Log in using your Blue Access for Members<sup>SM</sup> (BAM<sup>SM</sup>) username and password. Click "Get Started Now" to begin.
- **How do I enroll in the BCBSTX Fitness program?** Go to [bcbstx.com](https://bcbstx.com) and log in to BAM. Under "Wellness," choose "Fitness Program." On this page, you can enroll, search for nearby fitness locations and learn more about the program.
- **How do I confirm my points?** Points cannot be accessed at employee's leisure; however, you can inquire with your Wellness Coordinator. If you have questions regarding your points and activities, please contact Kristin Amerson at [wellness@neisd.net](mailto:wellness@neisd.net).



\*The Well onTarget program is offered to you as a part of your employer-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate. Visit [wellontarget.com](https://wellontarget.com) for complete details and terms and conditions.

Livongo is an independent company that provides disease management services for Blue Cross and Blue Shield of Texas.

Wondr Health, formerly Naturally Slim, is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide a metabolic syndrome reduction program for members with coverage through BCBSTX.

H-E-B is an independent company that administers flu shots for North East ISD.