



Naperville Park District's 2020 Program Overview

Welcome to Naperville Park District's 2020 Wellness Program! Below are ways you can earn points through **November 30th, 2020** to qualify for an incentive. Visit www.myinteractivehealth.com to review your plan, points earned, and complete the activities below.



<i>Healthy Activities</i>	<i>Total Points Possible</i>
Complete Biometric Screening	75
Complete Health Assessment	25
Complete Online Workshops	40
Complete Team Challenge	60
Extracurricular Activities	30
NPD Events and Trainings	30
Preventative Health	40
Log 1,000,000 Steps	25
Complete Treasure Hunt	15
Complete Flash Challenge	20

Get Started!

myinteractivehealth.com

First time users register with Sponsor Code **VNZ3C.**

130 Points:

1 Paid Day Off or \$100 Wellness Bonus.

230 Points:

2 Paid Days Off or \$200 Wellness Bonus.

Program Components

NPD Events & Trainings:

Earn points for completing or participating in the NPD Events/Trainings below. Employees can report their completion online.

- Attend Lunch N' Learn event
- Complete Annual Safety Training
- Attend training on CPR/AED/First Aid
- Participate in Minute to Win It Madness
- Safety Grant Submission
- Participate in Safety Games



Extracurricular Activities

Examples of Extracurricular Activities include:

- Complete a Walk or Run race of any length (5K, 10K, Half-marathon, Marathon, Triathlon)
- Volunteer to work a walk or run race event
- Volunteer for a charity/non-profit of your choice
- Participate in a food drive
- Participate in a blood drive
- Participate in a weight loss program (Weight Watchers, Jenny Craig, Nutritionist, etc.)
- Participate in a Sports League
- Disconnect from technology for 2 hours
- Do a Meditation Practice

Flash Challenges

Be on the lookout for pop-up opportunities to showcase your healthy habits AND earn points!



Have a specific health issue you want to address?

Complete a workshop! Work at your own pace, with over 40 workshops to choose from!



Interested in knowing your trends?

Track your mood, cardio, steps, food, water, and sleep! Sync your fitness device to automatically upload your activity, or manually enter it yourself!



Prefer to connect online?

Get answers instantly from a Health Coach using our chat!



Unable to participate in activities to meet your points goal? Review your Personal Health Action Plan (PHAP) to see all of the ways that you can earn points towards your incentive. If you are unable to meet your health goals, you may qualify for an opportunity to earn the same incentive through an alternative course of action. Please contact Interactive Health no later than 4 weeks prior to the end of the campaign at (800) 840-6100 or at rasrequest@interactivehealthinc.com to request a reasonable alternative standard to qualify for the incentive.

