



WELLNESS POWER

NECA - IBEW
WELFARE TRUST FUND
WELLNESS AND DISEASE
MANAGEMENT PROGRAM

2024

INCENTIVES

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).



WAYS TO EARN

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



QUARTERLY CHALLENGE: \$50

Earn 1x Annually



PROGRAM REGISTRATION/LOG IN: \$25

Updated from 2023



BIOMETRIC SCREENING & HEALTH ADVISING CALL: \$100

Updated from 2023



HEALTH RISK ASSESSMENT: \$25

Updated from 2023



4 COACHING CALLS: \$100

Includes Wellness, At-Risk, or Disease Management



GYM USAGE/INDEPENDENT WORKOUTS AND/OR STEPS: \$100

New for 2024!

Complete 48 gym visits/independent workouts per year and/or complete 7,500 steps per day for 48 days during the program year. This reward can be completed 2x per year (\$200).



GET STARTED TODAY!

Visit the Wellness Power portal for more details

SCAN ME

