



WELLNESS POWER

NECA - IBEW
WELFARE TRUST FUND
WELLNESS AND DISEASE
MANAGEMENT PROGRAM



2025 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**

✓ **BIOMETRIC SCREENING & HEALTH ADVISING CALL: \$100**

✓ **HEALTH RISK ASSESSMENT: \$25**

✓ **4 COACHING CALLS: \$100**
Includes Wellness, At-Risk or Disease Management

✓ **GYM USAGE/INDEPENDENT WORKOUTS AND/OR STEPS: \$100**
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).



CONNECT

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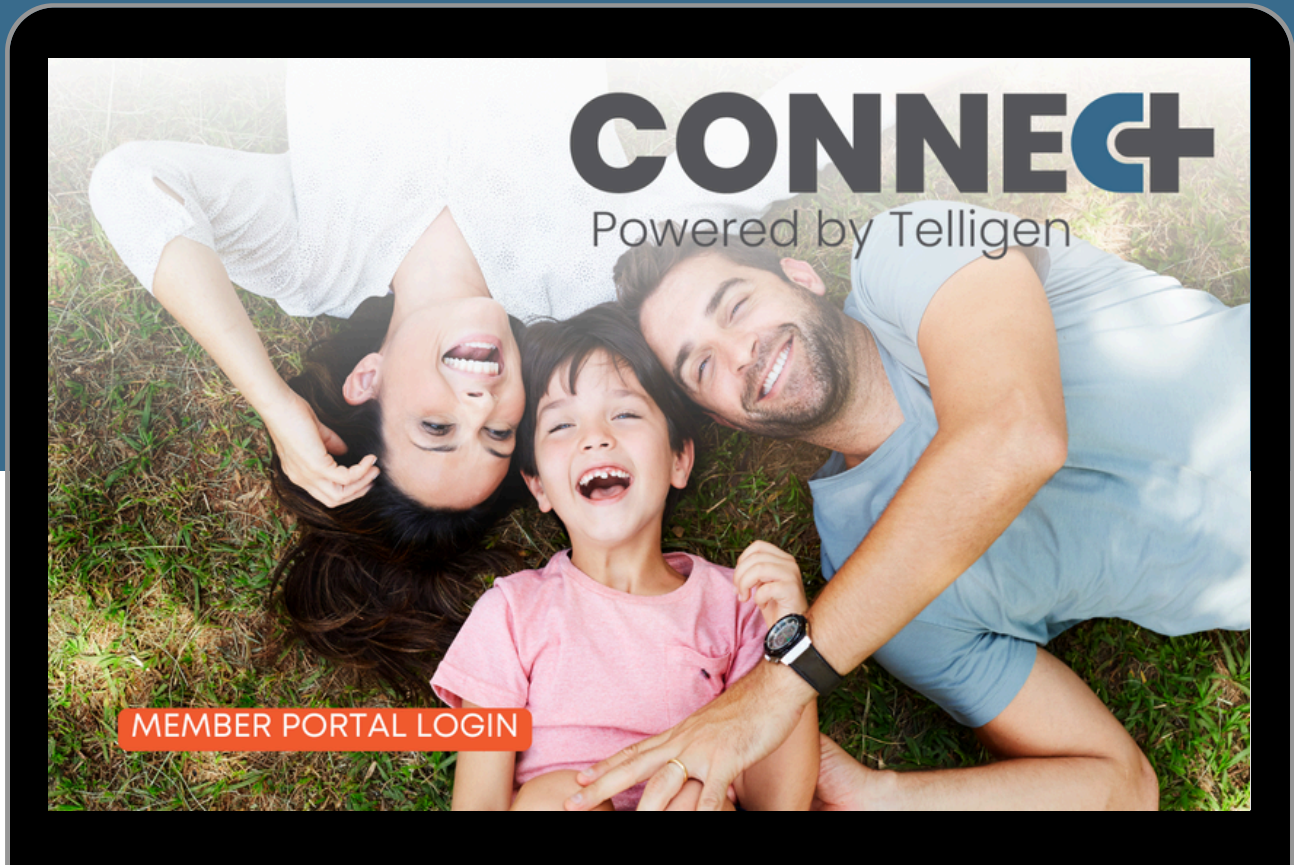
Visit the Telligen Connect Wellness Portal for more details & to get started today!

Visit the Apple App Store or Google Play store to download the app

SCAN ME



GETTING STARTED



REGISTRATION

1. Go to the Portal

Go to the portal at telligentconnect.com/neca-ibew

2. Enter Your Client ID

Use the #73

3. Fill out Form

Enter your details

4. Accept Terms of Use & Privacy Policy

Then click "Sign Up"

A screenshot of the CONNECT+ Create Account form. The form is titled "CONNECT+ Powered by Telligent" and "Create Account". It includes the following fields: "Member ID" (with example "ABC123456789"), "Last name" (with example "Smith"), "Date of birth" (with example "mm/dd/yyyy" and a calendar icon), and "Email address" (with example "Ex: smith@email.com"). There is a checkbox for "I agree to the [terms of use](#) and the [privacy policy](#)". A "Sign Up" button is at the bottom. The footer text reads "Powered by Telligent, Copyright 2023. All rights reserved. Terms of Service, Privacy Policy".