



Paterson Public Schools

Wellness Program

1/1/2024 - 12/31/2024



WELLNESS PROGRAM DETAILS

Paterson Public Schools is offering \$250 via payroll direct deposit to all eligible employees and \$250 for eligible spouses enrolled in Paterson's medical plan who each earn 800 points through a variety of options listed below. If an employee and spouse both participate, they can each earn 800 points and each earn \$250. All deposits are payable into the employee's paycheck by March 2025.

PROGRAMS AND ACTIVITIES

Preventive Exams and Vaccinations (All exams and vaccinations must be from 2024 year)		Per Event	Possible Per Year
Annual Physical	Blank exam forms and vaccine forms are accessible through My Benefits tab.	100	100
Vision Exam	Print the blank form and have your physician complete the exam form at your	50	50
Dental Checkup	appointment or attach proof of your vaccine for the vaccine form. Then	50	50
Skin Cancer Screening	upload your fully completed form on the My Rewards tab. Submit form	75	75
Age/Gender Appropriate Screenings	immediately after appointment. Forms must be submitted to beBetter portal	75	300
Flu Vaccination	before the portal closes on 12/31. Points update automatically and will	100	100
COVID-19 Vaccination	remain if form is fully completed and valid!	100	100
Health Survey and Personal Success		Per Event	Possible Per Year
Health Survey	Complete online beBetter Health Survey between 1/1 - 12/31	100	100
Achievement of Wellness Goals	Personal wellness goal assigned after the completion of the Health Survey. Must track progress weekly in the My Trackers tab of portal to earn points. See My Plan tab in the portal for more information.	2 pts/wk per goal	208
Additional Wellness Program Options		Per Event	Possible Per Year
Program #1: BePresent	Registration: 2/5 - 3/2 Challenge: 2/26 - 3/22 Mindfulness helps remove unnecessary stress, train the mind to be focused, and appreciate the simple moments in life.	100	100
Program #3: Climbing to the Top	Registration: 4/8 - 5/11 Challenge: 5/6 - 6/15 Reach new heights by walking or running the height of famous mountains around the world.	100	100
Program #2: Making Bank	Registration: 8/26 - 9/21 Challenge: 9/16 - 10/12 A penny saved is a penny earned, so let's make bank by finding ways to save more money.	100	100
Program #4: Create Your Plate	Registration: 10/14 - 11/16 Challenge: 11/11 - 12/14 Take a closer look at your plate and discover ways to make it more colorful, tasty, and nutritious.	100	100
Wellness Webinars	View virtual webinars on relevant wellness topics through your wellness portal.	25	300

Log in to your wellness portal with your username and password, or create your account at bebetterhealth.net

New users: click "account setup." **Organization ID is 2613. Member ID is your last name + last 4 SSN (i.e. Smith1234).** Create a username and password. Each eligible employee and spouse are to create their own separate wellness account.

For assistance with login, please call (866-748-0957) or email supportbbh@ebix.com.

