

2021 Well-Being INCENTIVE

My
Well-being
FINANCIAL • PHYSICAL
SOCIAL • EMOTIONAL

3 Simple Steps to Manage Your Health and Earn \$500

STEP 1

Complete the Engage Health Assessment

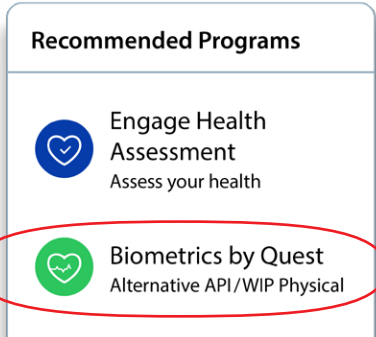
- Log on to **Engage**
- Click “Your Activities”
- Select “Engage Health Assessment”
- Complete by Sept. 30



STEP 2

Get an Annual Physical

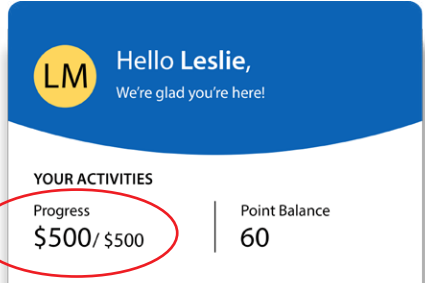
- Get an annual physical by Sept. 30
- **or**
- Order a virtual check-up kit from **Quest** or **Heal** by Aug. 1



STEP 3

Verify Activities Are Complete—Earn \$500

- Check **Engage** to ensure that your required activities are complete
- Collect your **\$500**



Repeat these 3 simple steps for your spouse or domestic partner who is enrolled in your medical plan and receive another **\$500!**

Additional Information:

- Visit Engage at app.engage-wellbeing.com
- For Kaiser plan participants, visit [KP.org/engage](https://kp.org/engage) to complete the “Wellness Program Agreement” by Sept. 30 in addition to Steps 1, 2 & 3
- Go to Total Rewards Gateway at totalrewards.northropgrumman.com for more information