



NJSD WELLNESS PROGRAM 2025

*All program requirements in order to receive or maintain the lower wellness premiums will be completed on Navigate.
(URL: www.njsdwellness.com)*



PROGRAM BENCHMARKS:

- ✓ **Navigate Well-being Survey**
Employee + Spouse (if applicable)
Auto Complete - 100 points
(Deadline: February 28, 2025)
- ✓ **Biometric Screening and/or PCP Visit**
Employee + Spouse (if applicable)
Self-Reported - 100 points each
(Deadline: August 31st, 2025)
- ✓ **Earn 500 Points on Navigate**
Employee Only
(Deadline: August 31st, 2025)

***All Employees and spouses (if applicable) will need their own Navigate account to log their activities.

Optional WellnessWays rewards program available through Network Health for eligible employees and enrolled spouses. Employees and their enrolled spouses may earn up to \$250 during the calendar year. Click [HERE](#) for more information.