


MyPath2Wellness


USNH highlights participation details for health incentive program

Wednesday, October 5, 2016



USNH is offering its annual [MyPath2Wellness](#)  program, designed to get employees engaged with their health — and help them improve it — while providing a valuable incentive.

Benefits-eligible faculty and staff can earn the incentive by taking the following two steps:

- “Know Your Numbers” through a biometric screening clinic. Workplace screenings are scheduled at each campus during October. Check the screening schedule, located in the [MyPath2Wellness program guide](#)  for locations, dates, times and instructions on how to register for an appointment. The screening must be completed by October 28.
- Complete the online health assessment. The assessment can provide valuable information your health and lifestyle. It includes questions about your medical history, including how you see your health status and whether you are ready to change certain habits. It takes about 15 minutes to complete, and you instantly receive a personalized health profile. The assessment must be completed by November 18.

For more information, view the [MyPath2Wellness program guide](#)

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