

Paterson Public Schools

Wellness Program
1/1/2026 - 12/31/2026



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 2027.

PROGRAMS AND ACTIVITIES

Preventive Exams and Vaccinations (All exams and vaccinations must be from 2026 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 appointment.	50	50
Dental Checkup	Attach proof of your vaccine for the vaccine form.	50	50
Skin Cancer Screening	Submit form immediately after appointment and prior to 12/31.	75	75
Age/Gender Appropriate Screenings	Upload your fully completed form on the My Rewards tab.	75	300
Flu Vaccination	Points update automatically and will remain if form is fully completed and valid.	100	100
COVID-19 Vaccination		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 goals assigned after completing the Health Survey. 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: Label Lowdown	Registration: 1/5 - 1/30 Challenge: 1/26 - 2/27 Learn to navigate food labels with confidence so you can make healthier choices.	100	100
Program #2: 30 Miles in 30 Days	Registration: 4/1 - 5/6 Challenge: 5/1 - 5/31 Challenge yourself to be intentional with your activity and walk one mile every day.	100	100
Program #3: Stretch It Out	Registration: 8/25 - 9/19 Challenge: 9/15 - 10/10 Follow along to these one minute stretching videos to help prevent injury and make you feel better throughout the day.	100	100
Program #4: Great Tech Escape	Registration: 10/13 - 11/14 Challenge: 11/10 - 12/5 Set healthy boundaries with your technology and find a balance to better your life and relationships.	100	100
Wellness Webinars	Virtual webinars on relevant wellness topics in your wellness portal.	25	300
Daily Log In Points	Points for logging in to wellness portal.	1/day	50
Surprise Points	Points awarded sporadically when using wellness portal.	2	20

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 employee #. Spouses add an S (i.e. 104321S).** 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.

