

WELLNESS PROGRAMS

At NetCare, our Wellness Programs are designed to educate and empower members to be engaged in their health. Whether you are healthy or managing an ongoing health condition, our wellness programs encompass a variety of programs to help put you on the path to well-being.

Take control of your health by enrolling with one of our participating Wellness Partners!

- SDA Wellness Center Classes
- Dr. Horinouchi Wellness Clinic
- NewGen PT
- Dr. D Chiropractic & Nutrition

Plan pays 80% ; Member pays 20%
Deductibles do not apply to Wellness Programs
Member co-insurance may be reimbursed upon program completion.

Get healthy. Stay Healthy.



FITNESS REWARD

Exercise and get Rewarded. Any Gym, Anywhere!

There is no better preventive care than exercise. At NetCare one of our goals is to help our member's live healthier lives. Make exercise part of your daily routine and get rewarded with NetCare's Fitness Rewards.

- NetCare pays \$20.00 per month up to \$200.00 for fitness rewards per Contract Period at either a participating or non-participating gym / fitness facility, any gym...anywhere
- To qualify for the reward, you must be a current NetCare member eighteen (18) years and older.
- Meet a minimum of eight (8) visits per month to receive the award for that month. Proof of attendance is required.



Completing your **HEALTH RISK ASSESSMENT** is the first step in qualifying for your NetCare Wellness and Fitness Rewards incentives.

Visit our website at www.netcarelifeandhealth.com to complete your Health Risk Assessment today! Contact our Customer Service Center at 671-472-3610, Monday – Friday from 8:00am – 5:00pm for more information.