

NELNET 2023 HEALTH SCREENING GOALS

Meet up to 4 health screening goals to be eligible for medical premium discounts in 2024. The best result collected per metric between April 1, 2023 and September 30, 2023 will be used to determine your 2023 health screening goals. Keep track of your results, including improved results you resubmit, using the chart below to determine the total number of goals met in 2023.

Associates: Sign in to your Virgin Pulse account and visit the Rewards Page to review the 2023 Goals met. Visit join.virginpulse.com/Nelnet or scan the QR code to download the app:



Health Metric		Program Goal	Your Result	Goal Met
1	Total Cholesterol	≤ 200 mg/dL	_____	<input type="checkbox"/>
	-OR- Total Cholesterol/HDL ratio	≤ 5.0	_____	
2	Body Mass Index	≤ 25 BMI	_____	<input type="checkbox"/>
	-OR- Waist Circumference	≤ 38 inches men; ≤ 33 inches women	_____	
	-OR- Body Fat %	Ages 20-39: Women ≤ 33%; Men: ≤ 20% Ages 40+: Women ≤ 34%; Men: ≤ 21%	_____	
3	Blood Pressure	≤ 120/80mmhg	_____	<input type="checkbox"/>
4	Fasting Blood Glucose	≤ 100mg/dL	_____	<input type="checkbox"/>
Total Number of Goals Met				_____
Tobacco Use		Participant must be tobacco-free or enrolled in ComPysch or Wellnet's tobacco cessation program by 9/30/2023 to be eligible for 2024 discounted premiums. Tobacco status does not count toward the total number of goals met.		

Are you pregnant or have a medical condition that prevents you from meeting your goals? Have your physician complete the Reasonable Alternative Standard Form found at <https://nelnet.uswellness.com/> to request an exception. This form can only be used to have goals waived and must be submitted by September 30, 2023. Results provided on a waiver form will not be accepted. All physician results must be submitted on a physician screening form.

If you did not meet all four goals, you can complete the Health Improvement Program to earn credit for one missed goal. NOTE: If not tobacco/nicotine free, you must complete either ComPsych's or Wellnet's Quit Tobacco program to be eligible for medical premium discounts in 2024.

The total number of goals met will be determined by US Wellness based on all screening data collected between April 1, 2023 and September 30, 2023. Questions? Contact US Wellness at askme@uswellness.com.

