

# Get your screening— your first step to wellness for you and your wallet.

Save money on your medical premiums with a Biometric Screening. NMG offers free Biometric Screenings administered by Quest Diagnostics™ Blueprint for Wellness. You and your spouse/domestic partner can receive one by:

**Attending a Wellness Event** held at most NMG locations in **April 2024**. Wellness Event dates and the enrollment deadline will be communicated at your work location.

OR

**Scheduling an appointment** to visit a Quest Diagnostics Service Center between **March 8** and **May 5, 2024**.

Remember to print your confirmation paperwork from the Quest Diagnostics website via **NMGbenefits.com** and take it to your appointment.

**Earn up to \$800 (\$1,600 if you cover a spouse/domestic partner) by completing your screening and any recommended health coaching!**

## Strive for Healthy Results

NMG establishes healthy ranges for your Biometric Screening, based on nationally recognized wellness metrics for male and female adults.

- Blood pressure less than or equal to 130/80
- Total cholesterol less than or equal to 225
- Waist circumference for a man less than or equal to 40 inches
- Waist circumference for a woman less than or equal to 35 inches\*
- Test negative for cotinine (i.e., nicotine)

\*If you or your spouse/domestic partner is pregnant, you may apply for an exception.



### Your Results Are Confidential

NMG will not have access to your individual results. When you take your screening at a Quest Diagnostics Service Center, all personal health information is considered confidential and is protected by federal law.

## Here's How It Works

**1** You will undergo a simple blood draw along with a measurement of blood pressure, height, weight, and waist circumference. It's required that you fast 9 to 12 hours prior to your screening. If you don't fast, you may be asked to reschedule your screening.

**2** Your blood sample will be sent to a Quest Diagnostics laboratory for testing.

**3** When your test results are ready, you will receive an email from Quest Diagnostics that you can view, download, and print your personal report from their website.

**4** Take your personal report to your doctor on your next visit.



## Schedule your screening.\*

Getting screened is easy. You and your spouse/domestic partner can visit any NMG location hosting an on-site Wellness Event or at a Quest Diagnostics site. You will also earn \$200 (or up to \$400) towards your premium differential just by completing a screening.

To book a screening:

- Log in to **NMGbenefits.com**. From the home page, click the *Schedule Your Biometric Screening* tile. Use the **registration key**: NeimanMarcus; or
- Call **Quest Diagnostics Service Center** at (855) 623-9355 from 7:00 a.m. to 8:30 p.m. Central time, Monday through Friday, and from 7:30 a.m. to 4:00 p.m. Central time on Saturday.

Your spouse/domestic partner can also schedule their screening online or by calling Quest Diagnostics. They will need to use your associate ID with the letter “s” at the end (example: 123456s) and their date of birth, at the time of booking.

Before your spouse/domestic partner schedules a Biometric Screening, make sure they are listed as a dependent. Visit the NMG Benefit Service Center via **NMGbenefits.com**, click *Your Profile* at the top-right corner of the home page, and select *Dependent Summary*, or call (866) 673-0462. To add your spouse/domestic partner as a beneficiary, select *Manage Beneficiaries*.

**\*IMPORTANT NOTE:** If you were hired on or after August 1, 2023 and took your screening within 30 days of your hire date, you do not need to complete a Biometric Screening by May 5, 2024. You will receive the premium differential for the plan year beginning August 1, 2024.



### Access your digital results

Quest Diagnostics will no longer be mailing your personal report. When your screening results are ready, you will receive an email that you can view, download, and print your personal report from their website.



## Connect with your health coach.

Marquee Health provides simple, convenient coaching to help you live healthier. If you (and/or your spouse/domestic partner) do not pass the waist circumference and/or the cotinine screening, you can participate in the Health Coaching program.

Don't leave money on the table! Complete your four health coaching sessions with the UBody Weight Management Program or the UBreathe Tobacco Cessation Program to earn \$600 (or up to \$1,200) toward your premium differential.

You can connect with Marquee Health three ways:

- Call **(800) 882-2109**
- Email a Health Educator at **coaching@marqueehealth.com**
- Visit **mymarqueehealth.com** and use the code: **nmg** to register for a new account

To receive the full premium differential, you and/or your spouse/domestic partner must schedule your first coaching session by June 14, 2024. The deadline to complete the four required coaching sessions is July 31, 2024.



### Get more from Marquee Health

Health coaching is just one way Marquee Health can help you reach your goals. Be sure to take advantage of Marquee's wellness challenges, videos, webinars, and more to get and stay fit.



# Receive your premium differential.

## It pays to get your Biometric Screening!

Receive a medical premium differential of up to \$800 if you do not cover a spouse/domestic partner under an NMG medical plan option. When you and your spouse/domestic partner are both covered, you can earn up to \$1,600. Here's how it works (savings per eligible person):

- Earn **\$200** just for completing a Biometric Screening by May 5.\*
- Earn an additional **\$600** if you passed the waist circumference and cotinine screenings. If you did not pass either or both screenings, you must enroll in the Marquee Health Coaching program by June 14, 2024 and complete four required coaching sessions by July 31, 2024 to receive the full premium differential.\*\*

Reminder, if you complete the program components and your spouse/domestic partner does not, you will only receive \$800 (or \$200 if you completed the screening only). The same is true if your spouse/domestic partner completes the program and you do not. You will only receive a premium differential for the components you and/or your spouse/domestic partner have completed.

## When will I receive my premium differential?

If you (and your spouse/domestic partner, if applicable) pass the waist circumference and cotinine screening, you will receive your full premium credit applied to your first paycheck in August 2024. If you (and your spouse/domestic partner, if applicable) complete a Marquee Health Coaching program, you will see premium credits applied to your paycheck beginning in September 2024. The first credits will include additional premium differential credits due from August 1 through September.

\*If you were hired on or after August 1, 2023 and took your screening within 30 days of your hire date, you do not need to complete a Biometric Screening by May 5, 2024. You will receive the premium differential for the plan year beginning August 1, 2024.

\*\*If you do not pass the tobacco screening, you must complete the UBreathe Tobacco Cessation Program, and if you do not pass the waist circumference screening, you must complete the UBody Weight Management Program to earn the medical premium differential. If you do not pass both the tobacco and waist circumference screenings, you must only complete one of the programs to earn the medical premium differential.

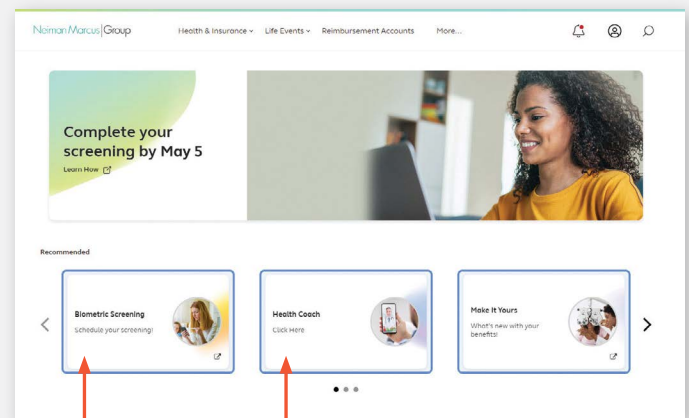
## Additional wellness program details

Rewards for participating in a Wellness program are available to all associates. If you (or your covered spouse/domestic partner) are pregnant and do not pass the waist circumference screening, you can have your physician fill out and fax the Quest Diagnostics Physician Affidavit Form to earn the full premium differential. Download the affidavit form at [nmg.makeityoursource.com/helpful-documents](https://nmg.makeityoursource.com/helpful-documents).

If you think you might be unable to meet a standard for a reward under this Wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact the NMG Benefit Service Center at (866) 673-0462, and we will work with you (and, if you wish, your doctor) to find a Wellness program with the same reward that is right for you in light of your health status.

## Navigating NMGbenefits.com

NMGbenefits.com is where you access information and resources about your health, money, and work/life benefits at the Neiman Marcus Group. Log in today for more details and to schedule your Biometric Screening online.



**Schedule  
Your Biometric  
Screening Here**

**Schedule Health  
Coaching Here**