



Gearing up for good health

A fresh start

While 2020 brought its challenges, we are happy to welcome 2021 and look forward to new opportunities. At NOV, we remain committed to supporting you and your family in living healthy, active lives and being prepared financially when life becomes challenging. We encourage you to take advantage of the valuable benefits and resources available to help make 2021 your best year yet.

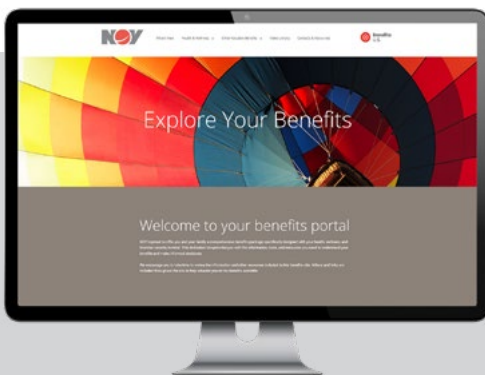
February
2021

Choose Well-being in 2021 and beyond

As we settle into the new year, make sure to keep your health and wellness goals in sight. As a reminder, your Choose Well-being wellness program rewards reset on January 6th this year. This means you and your BCBSTX enrolled spouse continue to have opportunities to earn **FREE MONEY** while prioritizing your health.

Choose Well-being Activity (Available to all employees and BCBSTX enrolled spouses)	Wellness Incentive (Paid through NOV payroll)
Complete CarePlus Mobile Health Assessment	\$75 each calendar year per eligible employee and/or spouse
Participate in Biometric Screening	\$75 each calendar year per eligible employee and/or spouse
Participate in Point Program Activities	\$50 each level per eligible employee and/or spouse

If you haven't registered yet, download the CarePlus Mobile Health app and link it to your BCBSTX medical plan and Cigna dental plan to start earning rewards. Visit usbenefits.nov.com to learn more.



Access your NOV benefits from anywhere

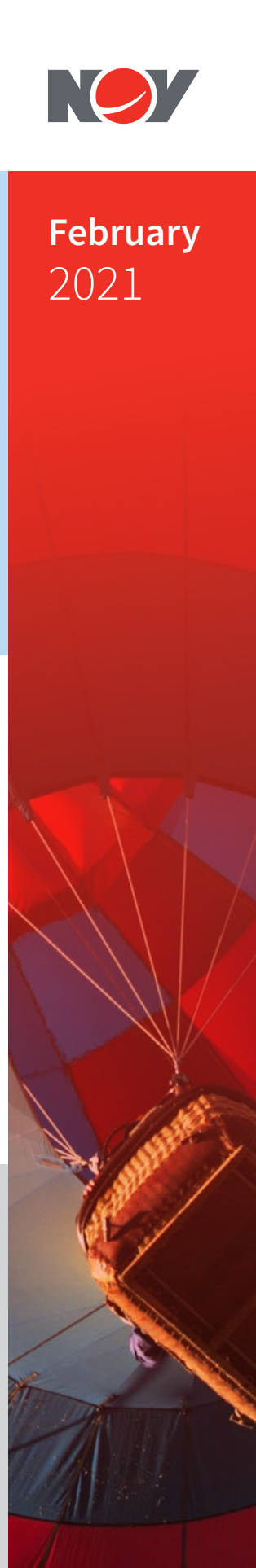
Have you checked out NOV's NEW U.S. Benefits website yet?
You and your spouse now have access to your benefits information at work, at home, and on-the-go – no username or password required!

Keep up to date with all of your valuable NOV benefits and educate yourself on the great options available throughout the year to keep you and your family healthy and financially protected.

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Visit usbenefits.nov.com
or scan the QR code.





TAKE ACTION:

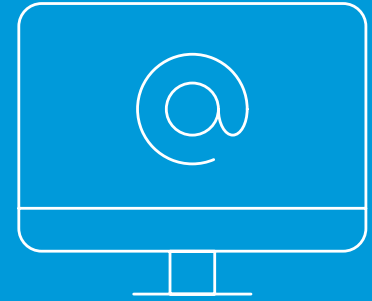
Schedule your annual preventive care visit

As you and your family continue to take precautions to stay safe during the pandemic, it's important to maintain your annual preventive care visits. By taking advantage of free preventive visits, doctors may be able to identify and treat health issues early.

When health issues are caught early, you may be able to keep them from becoming worse while potentially saving yourself from more aggressive treatments at higher costs. Check with your provider to see what COVID-19 precautions they have implemented in their office to keep you safe and healthy.

Each year, make sure to schedule in-network preventive care visits for yourself and your dependent family members. Use this checklist as a starting point to schedule your preventive care appointments in 2021:

- GENERAL HEALTH:** Primary care physician (PCP), in-network doctor (if no PCP is selected), or pediatrician
- WOMEN'S HEALTH:** Gynecologist
- ORAL HEALTH:** Dentist
- EYES:** Optometrist
- SKIN:** Dermatologist



Know before you go!

Wondering which visits or services are considered preventive? The **summary plan descriptions** are a helpful resource for learning which services are covered at 100% and which require a copay, coinsurance, and/or deductible. Review your benefits summary plan descriptions at usbenefits.nov.com under Contacts & Resources, then click on Legal Notices.

Stay safe and enjoy virtual care from the comfort of home

Although physical distancing precautions are still in place, this is not the time to distance from the doctor. Your benefits offer some of the best resources for maintaining your health, safely.

Telemedicine

Take care of minor medical conditions without stepping foot in a doctor's office. Receive 24/7 virtual access to licensed doctors for treatment of both physical and mental health needs. To get started, access MDLIVE from your CarePlus Mobile account, at mdlive.com/nov, or call **1-888-681-4083**.

Mail Order Prescriptions

Avoid regular trips to the pharmacy. Many ongoing, maintenance medications can be sent straight to your home. Visit caremark.com to find out how you can use this time and cost-saving service.

EAP

Your emotional health is important too. The Employee Assistance Program (EAP) provides free, unlimited, virtual access to licensed counselors any time of the day or night. Contact the EAP by calling **1-800-226-9767** (multi-lingual) or visit unum.com/worklifesupport.





Kick-start your 401(k) savings in 2021

Are you saving enough for retirement? As we kick-off the year, consider bumping up your 401(k) contributions to gradually increase your retirement savings over time.

As a reminder, you can elect to contribute pre-tax, Roth 401(k), and after-tax 401(k) payroll deductions. In 2021, you can contribute up to \$19,500, and if you are age 50 or over, up to \$26,000.

Make saving easy with automatic contribution increases

This feature automatically increases your contribution rate over time, so you don't have to think about your savings rate every year. To get started, sign in to your account at wellsfargo.com, select the Actions & Investments tab, and choose My Contributions.

The value of automatic rebalancing

Your plan provides an automatic rebalance feature to help you maintain your selected asset allocation. Rebalancing your account on a regular basis is important to keep your investments in line with your chosen risk level and targeted asset allocation plan.

To review additional information and elect the automatic rebalance feature, sign in to our account at wellsfargo.com, select the Actions & Investments tab, choose Manage My Investments, and select Automatic Rebalance.

Don't forget to review your beneficiaries!



Have you reviewed your beneficiaries lately? When life changes, so may your beneficiary designations. Make it a habit to review your beneficiaries each year to ensure your assets are protected and will be distributed based on your current wishes.

Benefits to review and update beneficiaries for include:

- Life and AD&D
- Health Savings Account
- NOV 401(k) & Retirement Savings Plan
- Whole Life
- NOV Equity Program

Scan QR code to view the NOV Benefits Beneficiary Guide with step-by-step instructions on how to make changes.



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NOV
Benefits Service Center
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Houston, TX 77210-4888

Walk the moon challenge – revisited!

While 2020's attempted mission didn't go quite as planned, we're excited to re-launch our Walk the Moon challenge to track your steps and earn raffle tickets for valuable prizes. Participation and steps will be tracked in your CarePlus Mobile app. Watch for more information coming soon. We hope you join us on this important mission!



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