

# 2026 Wellness Program

## Download the Mobile App

Access your Wellness Program information, submit forms, and track your progress — all in one place. Connect with our wellness team and stay on top of your goals, right from the app.



### Need Support or Have Questions?

For questions about your Wellness Program, including your status or deadlines, select Support on the Portal homepage or in the Mobile App.



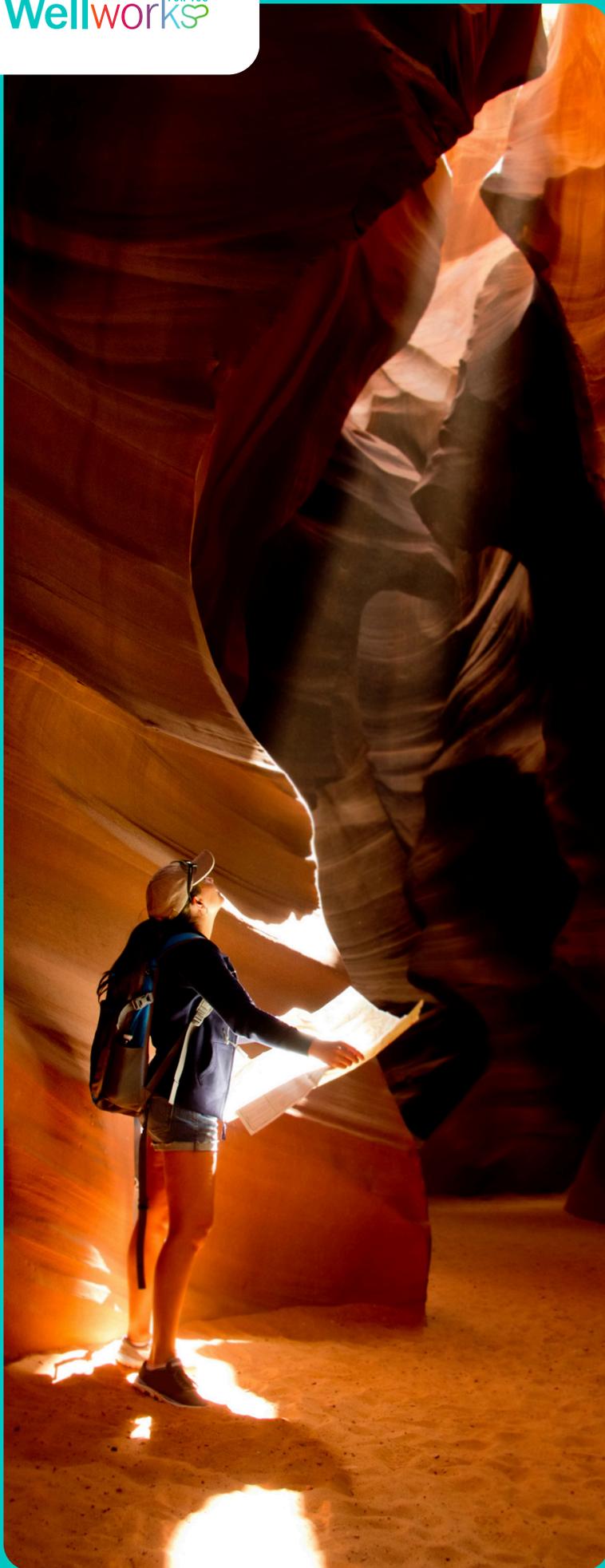
### Need Live Assistance?

**Chat Live:**  
Monday to Friday 9:00 am ET to 5:00 pm ET

Our “Chat Live” feature will give you access to chat with one of our helpful representatives during our regular business hours to answer any questions and guide you on a path towards wellness.

**Phone Support:**  
Monday to Friday 8:30 am ET to 7:00 pm ET

You can also call 800.425.4657 to reach the Wellness Team during our regular business hours.





## Get Started

All benefit eligible employees may participate in wellness activities to earn points.

Earn **100 points** by **December 1, 2026**, to qualify for a **\$100 incentive**.

### Earn Your Incentive

All benefit eligible employees are encouraged to complete wellness activities to earn points. Participants must complete the Physician Results Form activity AND the Know Your Number Health Assessment to be eligible, and earn a minimum of 100 points to earn a \$100 reward.

Wellness activities include:

- Physician Results Form (Required)
- Know Your Number (KYN) Health Assessment (Required)
- Wellness Challenges
- Participating in Sports Leagues and Races
- Attending live Lunch and Learns
- And More!

See more information on wellness activities and associated points on pages 3-5 of this guide and on your Wellness Portal.

**Please note:** Participants will earn their incentive the following quarter after completing the requirements. Rewards can only be earned once per wellness year.

## Log in to the Wellness Portal

To track your participation, you must be registered on the Wellness Portal. Follow the steps below to log in.

*Your account has been created for you.*

1. Go to [www.wellworksforyoulogin.com](http://www.wellworksforyoulogin.com)
2. Select **Login**
3. Accept the terms of the **Consent Form**
4. Fill in the required information

Click **“Forgot Username”** or **“Forgot Password”** to recover your login; if needed, utilize the Live Chat feature for assistance.

Login Info	Employee
Username Format	Employee Email Address
Password Format	Birthdate in MMDDYYYY
Example	UN: John.Smith@rve.com PW: 01091990



**Please Note:**

Use the temporary password for your first login only—you'll be prompted to set a new one. If you've logged in before, use your existing password.

*In accordance with HIPAA confidentiality laws, your individual data is accessible only to you and the third-party vendor, Wellworks For You.*



## PHYSICIAN RESULTS FORM (REQUIRED)

25  
pts

Visit your Primary Care Provider (PCP) for an annual physical with lab work. All required health metrics must be collected between December 1, 2025 and December 1, 2026, and your completed Physician Results Form must be submitted to Wellworks For You by **December 1, 2026**.

Submission Instructions:

- Log in to the [Wellness Portal](#)
- Select My Program, then click on Forms & Documents
- Download and print the Physician Results Form and take it your PCP appointment
- After your visit, upload the completed form to the portal (see page 6)

Please allow time for your provider to process and document lab work.

Do not directly send lab reports; only submit the completed Physician Results Form. It is recommended that you retain a copy for your records.

## KNOW YOUR NUMBER HEALTH ASSESSMENT (REQUIRED)

25  
pts

1. Complete the Know Your Number (KYN) Assessment on the Wellworks For You Wellness Portal by going to the main menu, then My Program or Wellness Resources, then select Know Your Number.
2. Complete all questions.
  - Required: Height, weight, and waist circumference
  - Optional (but highly encouraged): Full health metrics (these provide a more complete health report)
3. Click Finish to submit your assessment.
4. Your results will be automatically recorded, and your full report will be added to the Forms & Documents page when complete.

If you're using a Physician Results Form:

- You may self-enter all health metrics into the KYN right away. Doing this early allows you to complete your KYN immediately.
- After submitting the Physician Results Form, biometric results will upload once the form has been processed (allow up to 2 weeks).
- Your report will update with the enhanced metrics as soon as they are loaded.



Deadline  
**December 1, 2026**



## PREVENTIVE EXAMS



20 pts

Max of 40 pts

Complete a preventive exam and verify your completion via self-reported participation on the homepage of the portal or home screen of the Mobile App. Exams must take place between **December 1, 2025** and **December 1, 2026**. Max 2 exams per year. For additional information on how to self-report participation, see page 5.

- Vision Exam
- OB/GYN Annual Exam
- Dermatology Exam
- Dental Exam
- Mammogram
- Prostate Exam
- Colorectal Exam
- Pap Smear

## HEALTH COACHING CALL



10 pts

Max of 40 pts

Complete a confidential call with a Wellworks For You Health Coach. Max four (4) health coaching calls per year. **First call must be completed prior to November 1, 2026.** To schedule a coaching session, follow the instructions below:

### How to Schedule a Coaching Session:

1. Log in to your [Wellness Portal](#)
2. Select **Coaching Corner**, then click **My Coaching**
3. Click **Schedule Appointment** under Upcoming Appointments
4. Select your calendar view and time zone
5. Choose a health coach and view their availability
6. Click an available time in green
7. Select your topic, preferred contact method, and fill in all required fields
8. Click **Confirm Appointment**

You'll receive an email confirmation. If you selected phone as your contact method, make sure to enter an alternate number.

## WELLNESS CHALLENGES



10 pts each

All details regarding the wellness challenges will be announced via email during the year.

## LIVE LUNCH AND LEARNS



5 pts each

Max of 20 pts

Attend an onsite lunch and learn in Cherry Hill or virtually. Participation will be updated bi-monthly. Max 2 Lunch and Learns per year.



Complete any of the activities below and verify your completion via self-reported participation. See below for additional information how to self-report participation.

<b>LiveSimply Meditation Monthly Webinar (2x max)</b>		<b>10 pts</b>
<b>Trinity Financial Bi-Monthly Webinar (2x max)</b>		<b>10 pts</b>
<b>Join a Sports League or Active Community (2x max)</b>		<b>10 pts</b>
<b>Race Participation (2x max)</b>		<b>10 pts</b>
<b>Opt-in for Text Messages</b>		<b>10 pts</b>
<b>Community/Volunteer Event (2x max)</b>		<b>10 pts</b>
<b>Company Charity Event/Internal Event (2x max)</b>		<b>10 pts</b>
<b>Blood Donation (2x max)</b>		<b>10 pts</b>
<b>EAP Call (2x max)</b>		<b>10 pts</b>
<b>Wellness Fair</b>		<b>10 pts</b>
<b>Spot-it Sessions</b>		<b>10 pts</b>

### Verified Self-Reported Participation

Once submitted, your participation will update automatically and display Participation Confirmed.

**To report your activity:**

- Find the Wellness Activity and select **Get Started**.
- Click **Confirm Your Participation**.
- Enter the completion date and select **Confirm**.

*Some self-reported activities may include follow-up questions to confirm completion. All entries are subject to review or adjustment.*



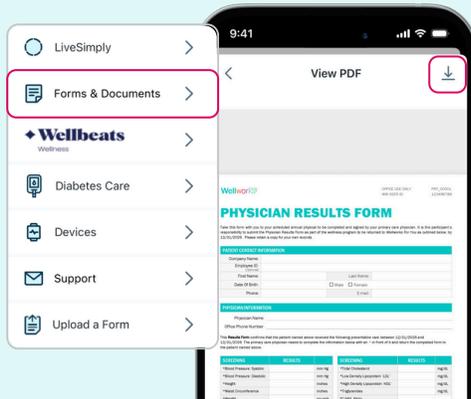


### Instructions

Access, download, complete, and submit your program forms and documents in the Wellness Portal or Mobile App.

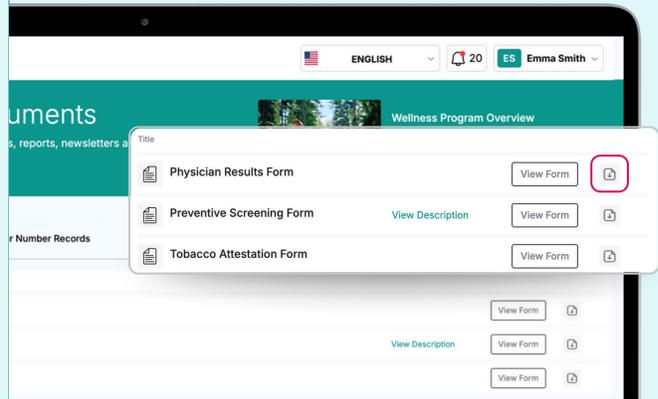
#### Download via Mobile App

Go to **Forms & Documents** via the menu. Tap the form you need, then tap the download button in the top-right corner.



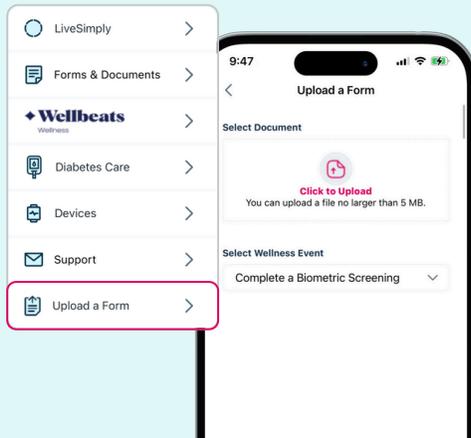
#### Download from Portal

Go to **Forms & Documents** via the sidebar under **My Program**. In the row of the form you need, click the download button to download the form.



#### Upload via Mobile App

Go to the **Upload a Form** tab in the top left menu, select **Click to Upload**, and choose the relevant event from the Select Wellness Event drop-down. Users are limited to **one (1)** file per submission.



#### Upload to Portal

Click **Upload Forms** on the Home page. Select the event title from the dropdown and upload your form. Users are limited to **one (1)** file per submission.

**Submit Your Program Forms**

Upload completed program documents such as physician or activity forms here to submit for participation credit.

**Upload Forms**

- > Complete a Biometric Screening
- > Tobacco Program
- > Physician Results Form 2025
- > Annual Preventive Exam
- > Vision Exam
- > Race Participation
- > Blood Donation
- > Wellbeing Log

**Please Note:**

Wellworks For You requires 7-10 business days to process submitted forms and update your Wellness Portal. It is your responsibility to submit all required documents, and we recommend keeping a copy for your records.