

OCTOBER

2026 Wellness Program Highlights



Wellworks For You

At Remington & Vernick Engineers, employee health and well-being remain a priority. The 2026 Wellness Program, offered through Wellworks For You, is designed to support your wellness goals by providing helpful tools, activities, and resources throughout the year.

Earn Rewards for Participating

- Benefit-eligible employees can earn points by taking part in wellness activities during the plan year.
- Earn **100 points** by December 1, 2026
- Receive a **\$100 incentive**
- Incentive may be redeemed through the Wellworks For You Rewards Mall

Wellness Activities May Include

Employees can earn points through a variety of wellness opportunities, including:

- Physician Results Form
- Preventive Exams
- Live Lunch and Learn Sessions
- Wellness Challenges

Be sure to watch for wellness events, activities, and challenges offered throughout the year.

Access Your Wellness Portal

To log in or create your Wellworks For You account:

- Visit **www.wellworksforyoulogin.com**
- Enter your Remington & Vernick Engineers employee **email address** as your **username**
- Use your **date of birth** in MM/DD/YYYY format as your **temporary password**
- Accept the Consent Form terms
- Complete the required information

Please note: This information is for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always consult your healthcare provider for medical concerns. Please refer to your plan documents for specific benefit details and limitations.

Physician Results Form

You can earn points by completing your annual physical with your primary care physician.

To receive credit:

- Log in to the Wellness Portal
- Go to Forms & Documents
- Download the Physician Results Form
- Bring the form to your annual physical for your physician to complete and sign
- Submit the completed form through the Wellness Portal or mobile app by December 1, 2026

Please allow 7-10 business days for processing.

Important Reminder

Preventive care is covered at 100% when you use an in-network provider.

Questions?

For Wellness Program support:

- Select Support from the Wellworks **homepage** or **mobile app**
- Or call **800.425.4657**
- **Monday-Friday, 8:00 a.m. to 7:00 p.m. ET**

Take advantage of your 2026 wellness program and make your health a priority this year.

REMINDER! Complete and submit your wellness activities to WWFY by December 1 to claim your gift card from the Rewards Mall. Please be sure to redeem your selected gift card by December 31, 2026.

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Managing Blood Sugar

Small Daily Steps Can Make a Big Difference

Keeping your blood sugar in a healthy range is one of the most important parts of managing diabetes and protecting your long-term health. When blood sugar stays too high or drops too low, it can affect how you feel now and increase the risk of serious health problems over time.

Why Blood Sugar Management Matters

Blood sugar, also called glucose, is your body's main source of energy. Insulin helps move glucose from the blood into the cells. When the body does not make enough insulin or does not use it well, blood sugar can rise above healthy levels. Managing blood sugar can help reduce the risk of:

- Heart disease and stroke
- Kidney and eye problems
- Nerve damage
- Slow healing and infections

Everyday Ways to Help Manage Blood Sugar

Stay Active

Physical activity helps your body use insulin more effectively and can help lower blood sugar.

- Aim for at least 150 minutes of moderate activity each week
- Try to move for at least 20 minutes a day
- Ask your healthcare provider which activities are best for you

Check Your Blood Sugar

Monitoring your blood sugar can help you understand how food, activity, stress, and medication affect your levels.

- Test as directed by your health care provider
- Keep a record of your results to share at medical appointments
- Note anything that may explain unusual highs or lows

Sources:

- <https://healthylearn.com/connerstrong/hn2/exercise-to-lower-blood-sugar.html>
- <https://healthylearn.com/connerstrong/hc/diabetes.html>

Eat on a Regular Schedule

Healthy eating habits can support more stable blood sugar levels.

- Eat meals and snacks at regular times
- Pay attention to carbohydrate intake
- Include fiber-rich foods such as vegetables, fruits, beans, and whole grains

Stay Hydrated

Drink plenty of water throughout the day, especially before, during, and after physical activity.

Know the Warning Signs:

- **Low blood sugar may cause:** Shakiness, sweating, dizziness, confusion, or sudden blurred vision
- **High blood sugar may cause:** Extreme thirst, frequent urination, blurry vision, fatigue, or dry skin

If your blood sugar is too high or too low, follow your doctor's instructions right away.

Take Action

Diabetes can often be managed successfully with regular monitoring, physical activity, healthy eating, and following your treatment plan. If you notice frequent blood sugar highs or lows, or if something does not feel right, contact your health care provider. **Managing blood sugar every day can help you feel better, stay healthier, and prevent complications over time.**

Disclaimer: This information is for general educational purposes only and is not a substitute for medical advice. Please consult your healthcare provider or your child's healthcare provider for guidance on recommended vaccinations.