



2024

WELLNESS PROGRAM

Welcome to your 2024 Wellness Program!

Participate in your Wellness Program this year to earn \$600 in Rewards Mall Gift Cards!

All associates will have opportunities to participate in various wellness activities to earn an incentive. Your program activities are listed below.

Annual Wellness Activities

- Obtaining Your Biometrics + completing the Know Your Number Questionnaire - **\$200**
- Physical with Doctor's signature - **\$200**
- Preventive Age/Gender Exam (1 per year) - **\$100**
- Dental Exam (1 per year) - **\$50**
- Vision Exam (1 per year) - **\$50**

Questions about your Wellness Program? Contact Your Wellness Team!

All questions regarding your Wellness Program structure, status in the program, deadlines, etc. should be directed to your **Wellness Team** via the Wellworks For You Portal. Simply select **Contact Us** from the Portal homepage or Wellworks For You mobile app. You can also call Wellworks For You at **800.425.4657**.

Wellness Portal

In order for your participation in the program to be tracked, associates must use their Wellworks portal account to complete the wellness program activities.

Your account has been created for you!
To log into your account, follow the instructions below:

Log into the Wellness Portal

1. Go to www.wellworksforyoulogin.com or **Mobile App**
2. Your username will be: **BGDC+ Employee ID** (no spaces, dashes, or other punctuation)
EX: BGDC123456
3. Your temporary password* will be you DOB: **MMDDYYYY**
4. Accept the terms of the Consent Form
5. Fill in the required information

**Please Note: The temporary password is only for the first time you access the Wellness Portal and you will be prompted to change it upon entry. If you have accessed the Wellness Portal in the past, you should continue to use your existing password*