



**Commit to Your
Health and Wellness
this Year.**

2025

WELLNESS PROGRAM



Participate in your Wellness Program this year to earn \$600 in Reward Mall Gift Cards.

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

PROGRAM DETAILS

Activity 1 EARN \$200

Deadline: November 30, 2025

Part 1: OBTAINING YOUR BIOMETRICS + Part 2: COMPLETING THE KNOW YOUR NUMBER QUESTIONNAIRE

Part 1, Option 1:

LabCorp - Visit a local LabCorp facility to complete your screening with lab work. Lab work completed through LabCorp will be sent directly to Wellworks For You. Participants can begin the process of scheduling an appointment with LabCorp by printing the LabCorp voucher located on the Wellness Portal within the **Wellness Locker** linked on the homepage or the **Menu** page. Follow the instructions on the flyer provided to complete the screening.

Participants can get their lab results in two (2) different ways:

1. Log into the Labcorp Patient Portal: <https://patient.labcorp.com/>
Participants can view, download, and print new and historical LabCorp results from this portal.
2. Click on the **Health Metrics Tile** through the **Wellworks For You Wellness Portal Homepage**.
Participants can view and compare new and historical health metrics from the Wellness Portal homepage.

View Your Health Metrics:

- Go to www.wellworksforyoulogin.com
- Log in using your account credentials
- Select **My Health Metrics** from the Portal Homepage
- Select **View Metrics**
- Choose **Metric Collection Event/Screening** from the dropdown menu.
- Select your screening type
- Click **Run Report**

Part 1, Option 2:

Visit your Primary Care Physician (PCP) for an annual physical with lab work. Print out the **Physician Results Form** located within the **Wellness Locker**, linked on the Wellness Portal homepage, and take it to your doctor. All required metrics must be collected between **December 1, 2024**, and **November 30, 2025** and submitted to Wellworks For You by **November 30, 2025** to receive credit. Please allow ample time when scheduling your annual physical, as well as time for blood work to be processed by the lab and received by your PCP's office. Do not send lab results directly to Wellworks For You.

Part 2:

Complete the assessment by selecting the **Know Your Number (KYN) Assessment** event title from the homepage or via the Menu page. Complete all questions, except for the Health Metrics section. Wellworks will upload your screening results once you complete your Biometric Screening.

- If your health metrics have already been entered, complete the questionnaire and click **Finish** to submit your responses.
- If your health metrics have not been entered, complete the questionnaire and click **Save**. The assessment will be completed once your metrics are entered by Wellworks For You.

Once your assessment is completed in its entirety (questionnaire and health metrics), your results report will be generated and available on the **Know Your Number (KYN) Assessment** page of the Wellness Portal and uploaded to the **Wellness Locker** under the **Health Records** section. Your participation in the assessment will also be updated at this time.

PROGRAM DETAILS CONT'D

Activity 2 ANNUAL PHYSICAL WITH DOCTOR'S SIGNATURE

Visit your Primary Care Physician (PCP) for an annual physical. Print out the **Annual Physical Form** located within the **Wellness Locker**, linked on the **Wellness Portal homepage**, and take it to your doctor. The exam must take place **between December 1, 2024, and November 30, 2025**, and submitted to Wellworks For You by **November 30, 2025** to receive credit. Please allow ample time when scheduling your annual physical.

EARN
\$200

Activity 3 PREVENTIVE AGE/GENDER EXAM (1 PER YEAR)

Submit the **Preventive Screening Form** for the preventive screening you complete. Exams include mammogram, pap smear, annual OB/GYN, colorectal, dermatology, or prostate exams. Exams must take place between **December 1, 2024, and November 30, 2025**. The **Preventive Screening Form** is located on the **Wellness Portal homepage** under **Wellbeing Desktop>Wellness Locker**.

EARN
\$100

Activity 4 DENTAL EXAM (1 PER YEAR)

Complete **one (1)** dental exam/routine cleaning and submit the completed Preventive Screening Form by **November 30, 2025**. Exams must take place between **December 1, 2024, and November 30, 2025**. The **Preventive Screening Form** is located on the **Wellness Portal homepage** under **Wellbeing Desktop>Wellness Locker**.

EARN
\$50

Activity 5 VISION EXAM (1 PER YEAR)

Complete **one (1)** vision exam and submit the completed Preventive Screening Form by **November 30, 2025**. Exams must take place between **December 1, 2024, and November 30, 2025**. The **Preventive Screening Form** is located on the **Wellness Portal homepage** under **Wellbeing Desktop>Wellness Locker**.

EARN
\$50

INCENTIVES

All associates have the opportunity to earn up to \$600 in Rewards Mall Gift Cards for completing various Wellness Activities!

ACTIVITY	INCENTIVE
Biometrics + the Know Your Number Assessment	\$200
Annual Physical w/Doctor Signature	\$200
Preventive Age/Gender Exam (1 per year)	\$100
Dental Exam (1 per year)	\$50
Vision Exam (1 per year)	\$50

REWARDS MALL

In the Rewards Mall, employees may choose from a variety of reward cards including your favorite restaurant and retail establishments! You may also choose to redeem your Wellness Dollars to make a donation to a designated charity of your choice.

HOW TO REDEEM YOUR WELLNESS DOLLARS/REWARDS:

1. Log into the [Wellness Portal](#)
2. Click the **Rewards Mall** menu item to open a pop-up
3. Select the button to **Redeem New Rewards** within the pop-up. This will generate a link to redeem your rewards.
4. Click the **Redeem this Reward** link to enter the Rewards Mall
5. Your Wellness Dollar Balance will be displayed at the top of the **Rewards Mall** page
6. Select your preferred electronic reward card and enter the dollar amount you would like to redeem
7. Checkout by clicking your cart in the top right corner and selecting **Checkout**
8. Review and complete your order

You will receive an email once rewards are available. Rewards are distributed on a monthly basis for those who complete activities.

PLEASE NOTE: You must redeem any eligible Reward Card dollars earned throughout the year by **12/1/2026**. You will not be able to access your rewards after **12/1/2026**.

Rewards dollars are considered taxable income and are required to be reported to comply with IRS tax regulations



ADDITIONAL INFORMATION

SUBMIT, VIEW & DOWNLOAD DOCUMENTS FOR COMPLETION

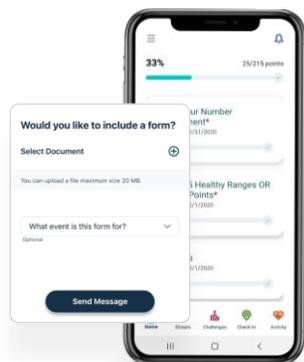
All forms, guides, and applicable documents are located in your Wellness Portal within the Wellness Locker accessed under the Wellbeing Desktop on the homepage section. Download and/or print PDF forms for completion. All completed documents should be submitted to the Wellworks Forms Department in one (1) of the following ways.

UPLOAD TO THE WELLNESS PORTAL:

Click the **Upload a Form** tile from the homepage or via the menu page select the event title from the dropdown and upload your form to the portal. Users are limited to **one (1)** form per submission per event.

UPLOAD VIA THE MOBILE APP:

Take a photo of your form using your Smartphone. Next, upload it to the Mobile App via the **Contact Us/Send a Form** tab in the **menu**, located in the top left corner of the home screen. Select the event listed under **What event is this form for?** Users are limited to **one (1)** form per submission per event.



PLEASE NOTE:

Wellworks For You requires at least **seven (7) to ten (10) business days** for processing and participation to be updated in the Wellness Portal.

View your Incentive Progress

Looking for an overview of your progress to date?

- Log into your Wellness Portal (www.wellworksforyoulogin.com).
- View your program status right on the homepage in the top right-hand section.
- My Progress will show completion of required program components.
- For more details, click on any event title in the **My Next Steps** section. Selecting an event title will open a pop-up with detailed information.
- Once a component is complete, it will be marked as **COMPLETED**.



My Next Steps 0 Tasks Remaining

- Biometric Screening**
 Complete this step by either attending the Onsite Biometric Screening, submitting the Physician Results Form, or utilizing the Voucher ★ COMPLETED
- Know Your Number Assessment**
 Complete the assessment by selecting the Know Your Number Assessment event title from the homepage or via the menu page. Complete all questions, except for the Health Metrics section. Wellworks will upload your screening results once you... ★ COMPLETED

RESOURCES

Download the Mobile App

Easily sync your device, and confirm your Wellness Program completion status with the Wellworks For You Mobile App!



Please follow the steps below to log into your Wellworks For You account. Please ensure your email address is up to date in order to receive updates regarding your wellness program.

LOG INTO THE WELLNESS PORTAL

1. Go to www.wellworksforyoulogin.com
2. Your username will be: **BGDC + Employee ID** (no spaces, dashes or other punctuation)
3. Your temporary password* will be: **Date of Birth in MMDDYYYY format** (includes leading zeroes; No spaces, dashes, slashes, or other punctuation)
4. Select Login
5. Accept the terms of the Consent Form
6. Fill in the required information

FORGOT YOUR USERNAME OR PASSWORD?

1. Go to www.wellworksforyoulogin.com.
2. Click the link **Forgot Username** or **Forgot Password**
3. Follow the instructions to retrieve your username or reset your password
4. If issues persist, please contact Wellworks For You at **800.425.4657**

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



THE FINE PRINT



By participating in the BGDC voluntary wellness program, you are acknowledging that you've read and understand the fine print and protections from disclosure of medical information located in the Wellness Locker by clicking here or logging into your portal and accessing the fine print via the Wellness Locker.



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 your **Wellness Portal**.



CONTACT US

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**.