

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

Welcome to your **2026 Wellness Program**. All associates are eligible to complete various wellness activities by **November 30, 2026** to earn up to **\$600 in Reward Mall Gift Cards!**

| Activity | Incentive |
|-------------------------------------|-----------|
| Know Your Number Assessment | \$200 |
| Annual Physical w/ Dr. Signature | \$200 |
| Preventive Age/Gender Exam (1/year) | \$100 |
| Dental Exam (1/year) | \$50 |
| Vision Exam (1/year) | \$50 |

Redeem your Wellness Dollars from the Rewards Mall

1. Log in to the Wellness Portal and click **Rewards Mall**
2. Click the **Redeem Wellness Dollars** link
3. Choose your preferred e-gift card and the amount you'd like to redeem on the Rewards Mall site

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 12/1/2027. You will not be able to access your rewards after 12/1/2027.

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

Important: Only click the Redeem Wellness Dollars link when you're ready to redeem all of your currently available Wellness Dollars at once.

- Once you click the link, all available Wellness Dollars will be sent to the Rewards Mall.
- Any Wellness Dollars you earn after clicking the link will be available through a separate link and cannot be combined with your earlier balance.

Log in to the Wellness Portal

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.

Your account has been created for you.

1. Go to www.wellworksforyoulogin.com
2. Select **Login**
3. Enter your Username and Password
4. Accept the terms of the **Consent Form**
5. Fill in the required information

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

| | Employee |
|-----------------|--------------------------------|
| Username Format | BGDC + Employee ID |
| Password Format | Birthdate in MMDDYYYY |
| Example | UN: BGDC123456 PW: 01211985 |



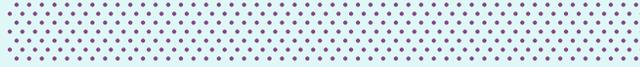
Please Note:

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.



ACTIVITIES



INCENTIVE

1

Know Your Number Assessment (KYN)

Complete your KYN Assessment to receive personalized health reports and learn your risk for six chronic diseases. Log in to your Wellness Portal to begin.

- Go to the **Know Your Number Assessment** via the Portal Homepage or Menu
- Complete all questions, including the **health metrics** section
- Click **Finish** to submit your assessment

Your full report will be generated and added to the **Forms & Documents** page. Participation will be recorded automatically.

\$200

2

Annual Physical with Doctor's Signature

Visit your Primary Care Physician (PCP) for an annual physical. Print out the **Proof of Annual Physical Form** located within the **Forms & Documents** page, linked on the Wellness Portal homepage, and take it to your doctor. The exam must take place between **December 1, 2025**, and **November 30, 2026**, and submitted to Wellworks For You by **November 30, 2026** to receive credit. Please allow ample time when scheduling your annual physical.

\$200

3

Preventive Age/Gender Exam

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, 2025**, and **November 30, 2026**. The **Preventive Screening Form** is located on the Wellness Portal homepage under **Wellbeing Desktop>Forms & Documents**.

\$100

4

Dental Exam (1 per year)

Complete **one (1)** dental exam/routine cleaning and submit the completed **Preventive Screening Form** by **November 30, 2026**. Exams must take place between **December 1, 2025**, and **November 30, 2026**. The **Preventive Screening Form** is located on the Wellness Portal homepage under **Wellbeing Desktop>Forms & Documents**.

\$50

5

Vision Exam (1 per year)

Complete **one (1)** vision exam and submit the completed **Preventive Screening Form** by **November 30, 2026**. Exams must take place between **December 1, 2025**, and **November 30, 2026**. The **Preventive Screening Form** is located on the Wellness Portal homepage under **Wellbeing Desktop>Forms & Documents**.

\$50

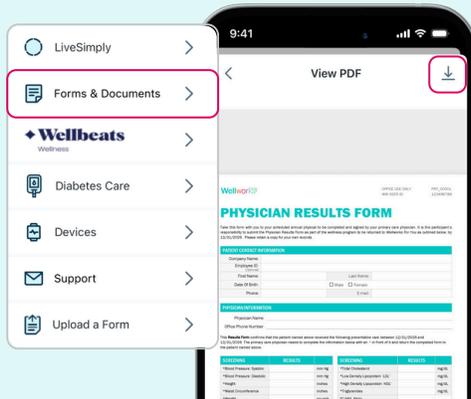


Instructions

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

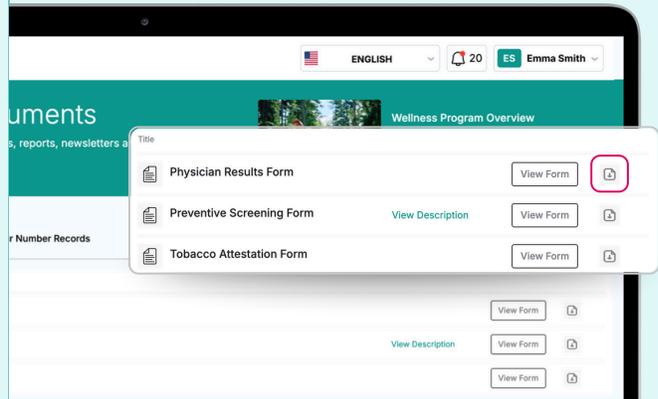
Download via Mobile App

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



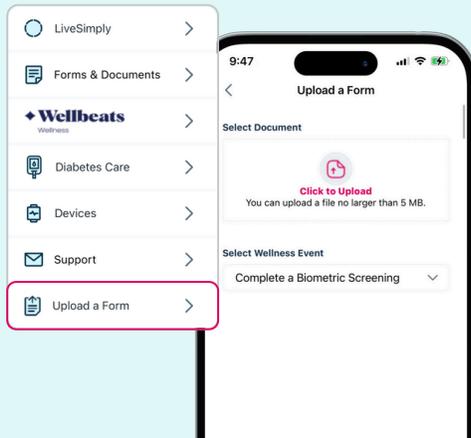
Download from Portal

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.