



Fuel Your 2025 Wellness Program

Your wellness program is full of choices designed to nourish your health and reward your progress. Choose your own path or follow our recommended picks for maximum value.

THE FULL PROGRAM: EARN UP TO \$1,350

View all the ways you can earn wellness dollars throughout the year. To reach the full \$1,350, complete every eligible activity each month—consistency pays off!

UP TO \$65

Health Metrics

Biometric Screening: \$25
Healthy Ranges: \$10/metric

UP TO \$540

Reimbursement Programs

Gym and Fitness Classes: \$45/month
Sports Teams/Leagues: \$135/quarter

UP TO \$80

Mental Wellbeing

Mindyra M9 Survey: \$50
Learning Center Videos: \$5/ea. (max 6)

BONUS!

Unlimited Health Coaching

UP TO \$300

Physical Wellbeing

Know Your Number Assessment: \$25
Wellbeats (180+ minutes): \$15/quarterly
Wellness Challenges: \$15/quarter
500k Step Tracking: \$30
750k Step Tracking: \$50
1M Step Tracking: \$75

UP TO \$365

Preventive Wellbeing

Annual Physical: \$50
Colorectal Cancer Screen: \$50
Dental Exams: \$20/ea. (max 2)
Eye Exam: \$50
Flu Shot: \$25
Mammogram: \$50
Prostate Exam: \$50
Well-Woman Exam: \$50

Take Charge of Your Wellbeing

Download Our Mobile App or Visit Your Wellness Portal!



www.wellworksforyoulogin.com