



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.

OUR RECOMMENDED PICKS: EARN UP TO \$140 (THEN ADD MORE!)

Start strong with our most effective wellness activities. Want more? Complete additional activities throughout the year to boost your rewards.

\$75

Physician Results Form with Labs

Earn \$25 for completing the Biometric Screening, and \$50 for the Annual Physical.

\$25

Know Your Number Assessment

Simply fill out the questionnaire. Metrics from your Physician Results Form will be applied.

UP TO \$40

Healthy Ranges

If the metrics on your Physician Results Form fall outside the healthy range, simply complete the associated E-Learning Series to receive the incentive.

- Blood Pressure: \$10
- Fasting Glucose: \$10
- Total Cholesterol: \$10
- Waist Circumference: \$10

BONUS!

Unlimited Health Coaching

Take the next step towards health with private, one-on-one sessions designed just for you. These personalized meetings are a great opportunity to connect with a Wellworks For You Health Coach to discuss your Biometric results and explore a wide range of wellness topics – including weight management, nutrition, exercise, smoking cessation, stress reduction, and more. Each session is confidential, customized, and focused on your unique health goals.

Take Charge of Your Wellbeing

Download Our Mobile App or Visit Your Wellness Portal!



www.wellworksforyoulogin.com