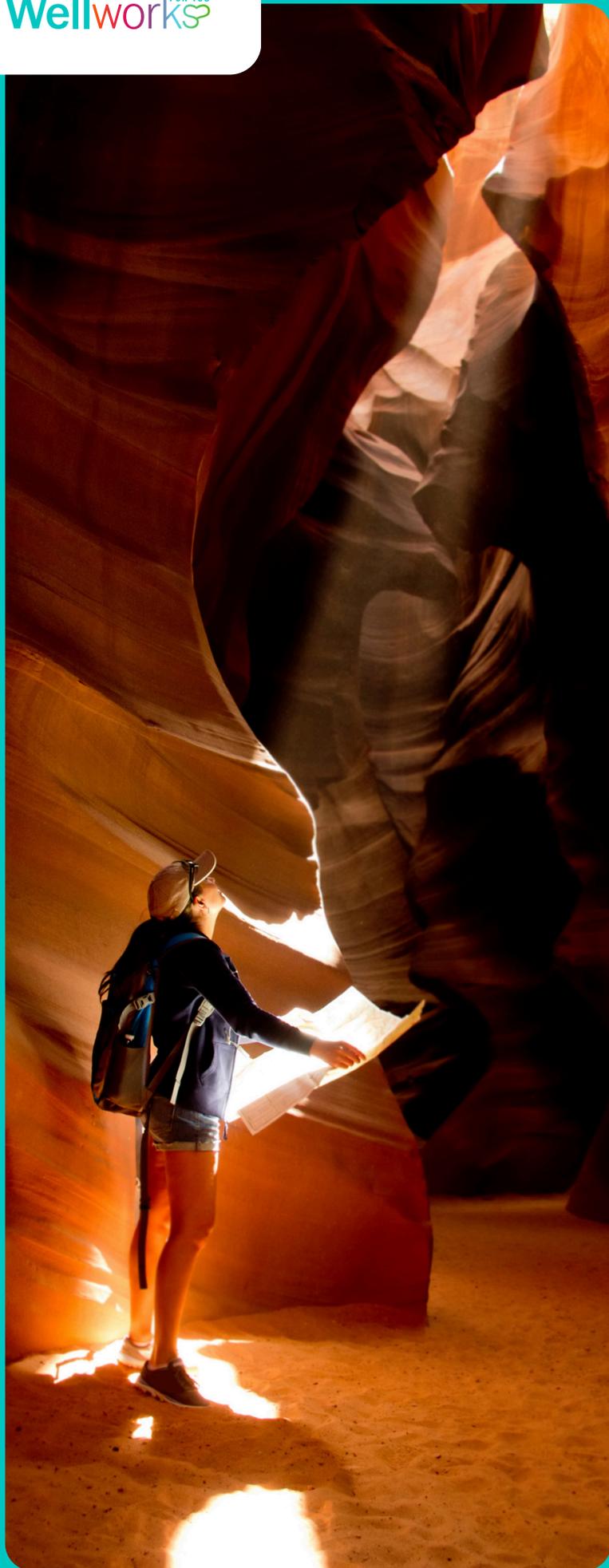




# 2026 Wellness Program



## 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 Wellworks For You 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.



## REQUIREMENT

## DEADLINE

1

### Proof of Annual Physical Form

Complete an annual physical exam with your physician between **JANUARY 1, 2026** and **DECEMBER 1, 2026**. Take this packet with you to your appointment and have your doctor complete and sign the Proof of Annual Physical Form. It is the **participant's responsibility** to return the form as part of the completed packet by **DECEMBER 1, 2026**.

- **Have you already received your annual physical within the above timeframe?** Take or send the Proof of Annual Physical Form to your physician's office to have it signed and completed.

If you **do not** have a doctor, you can select a doctor within the **XKIG** health benefit plan network. If you need assistance in finding a physician, please go to [www.anthem.com/va](http://www.anthem.com/va). Little clinics and minute clinics do not qualify as Primary Care Visit completion.

**December 1, 2026**

2

### Submit Your Completed Form

For submission methods, please refer to page 4 of this guide.

**PLEASE NOTE:** Submission via Wellness Portal or Wellworks For You Mobile App, will result in an immediate confirmation that your form was received. Any other means of submission requires you to log into your Wellness Portal or Wellworks For You Mobile App to confirm your form was processed.

**December 1, 2026**



## Eligibility

Employer contribution of \$125 is submitted quarterly (up to \$500) upon open account and receipt of proof of physical. To receive all 4 employer contributions of \$125 in 2026, proof of physical needs to be submitted by March 1 2026, if it wasn't previously submitted in 2025. An employee can earn subsequent contributions if proof of physical is submitted later, but there won't be any retroactive funding. For example, if proof of physical is submitted on August 5, 2026, employees will only receive Q3 and Q4 contributions. The Proof of Annual Physical Form needs to be received by December 1, 2026 to receive Q4 funding of \$125.

Details are outlined in this guide.

### IMPORTANT! New Hire Requirements

- Employees are eligible to participate immediately and will receive funding for all quarters within the year after submitting the form. There is no retro funding.



## Log in to the Wellness Portal

To track your participation, you must be registered on the Wellness Portal. Follow the steps below to log in.

*Your account has been created for you.*

1. Go to [www.wellworksforyoulogin.com](http://www.wellworksforyoulogin.com)
2. Select **Login**
3. Accept the terms of the Consent Form
4. Fill in the required information

	Participant
Username Format	SIP_ First Name + Last Name + Year of Birth (YYYY)
Password Format	Birthdate in MMDDYYYY
Example	UN: SIP_JonSmith1985 PW: 01021985



**Please Note:**

*Use the temporary password only for your first login—you'll be prompted to set a new one. If you've logged in before, use your existing password.*



## Retrieve Your Password or Username

### FORGOT YOUR USERNAME OR PASSWORD?

1. Click the link **Forgot Username** or **Forgot Password**
2. Follow the instructions to retrieve your username or reset your password
3. 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.*

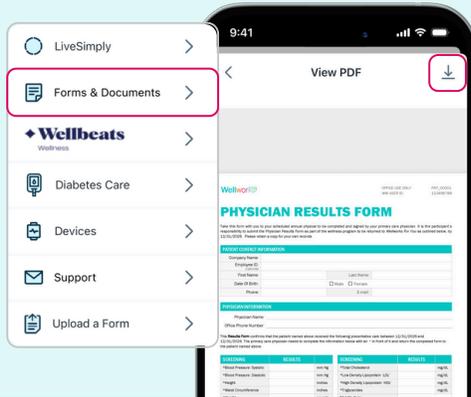


## Instructions

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

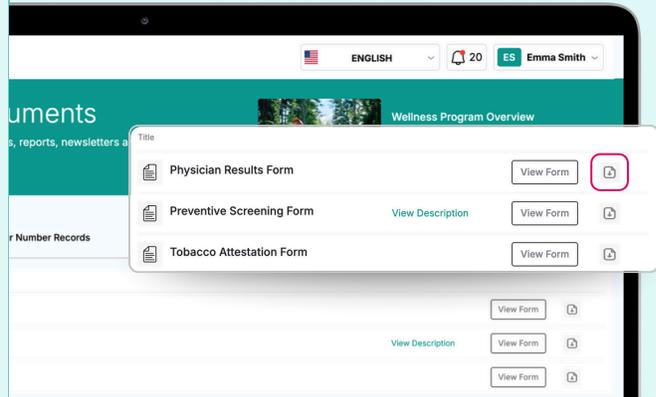
### Download via Mobile App

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



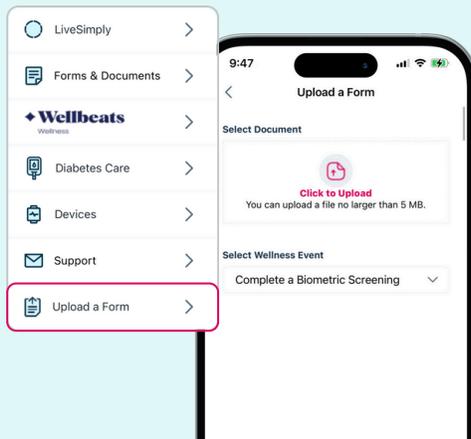
### Download from Portal

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.



- > 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.