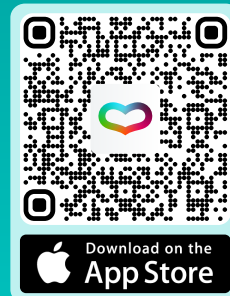




2026 Wellness Program

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.



2026 WELLNESS PROGRAM Requirements

REQUIREMENT

DEADLINE

1

Physician Results Form

Complete an annual physical exam with your physician between **May 1, 2026** and **April 30, 2027**. Ensure you download and print your form directly from your Wellness Portal to bring to your provider visit. It is the participant's responsibility to submit the completed form as part of the wellness program by April 30, 2027.

- **Have you already received your annual physical within the above timeframe?** Take or send the Physician Results 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 **KTMC** health benefit plan network. If you need assistance in finding a physician, please go to www.ibx.com. Little clinics and minute clinics do not qualify as Primary Care Visit completion.

April 30, 2027

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.

April 30, 2027



Eligibility

All employees can complete steps 1-2 above by April 30, 2027 to earn an Incentive based on your medical insurance status.

- Medically Enrolled Employees - \$25 Medical Premium Contribution Credit Per Paycheck + ½ day of PTO
- Non Medically Enrolled Employees - ½ day of PTO

Your new program details are outlined in this guide.



2026 WELLNESS PROGRAM Portal Login

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
2. Select **Login**
3. Accept the terms of the Consent Form
4. Fill in the required information

	Employee
Username Format	First Initial + Last Name + KTMC
Password Format	Birthdate in MMDDYYYY
Example	UN: jsmithktmc 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, or Register as a New User

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**

NEW HIRES AFTER 6/1/2026

Register on the Wellness Portal

1. Go to www.wellworksforyoulogin.com
2. Click the **register** link and create an account
3. Enter your Company ID: **12397**
4. Complete the registration process (When creating username please use format listed above)

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



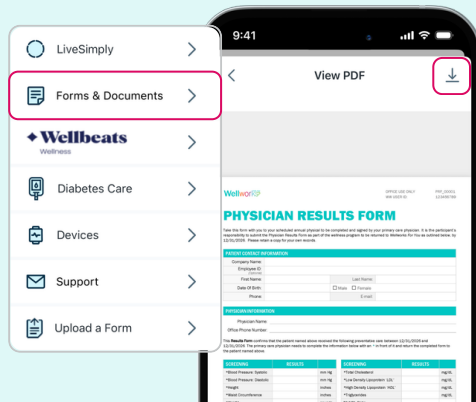
2026 WELLNESS PROGRAM Forms

Instructions

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

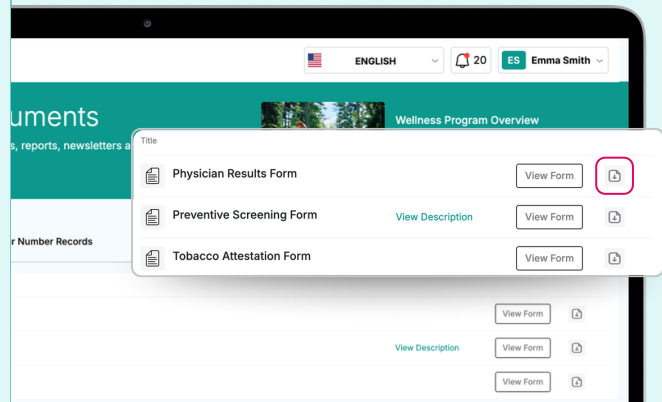
Download via Mobile App

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



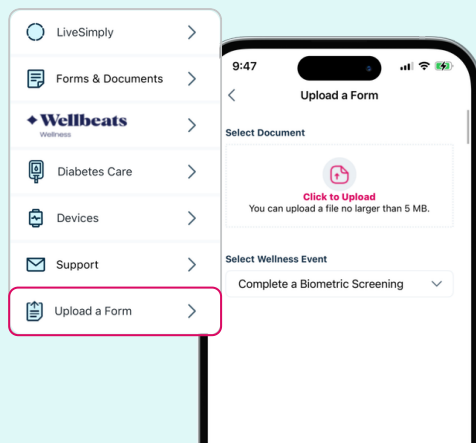
Download from Portal

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.