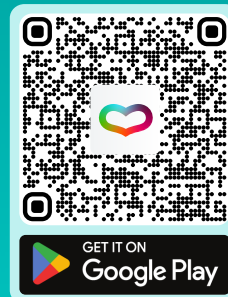




2026 Wellness Program

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.



2026 WELLNESS PROGRAM New Hire Overview



Get Started

All T&M Associate employees will have opportunities to participate in various wellness activities. As a newly hired T&M Associate employee, complete the below requirements by Dec. 31, 2026.

Earn Your Incentive

Medically enrolled employees and covered spouses can complete Steps 1 - 3 to earn a medical premium discount. You have 60 days from your start date to complete your wellness program.

Steps	Requirements
Step 1	Annual Physical w Labwork
Step 2	Know Your Number Assessment
Step 3	KYN Health Coach Call (employee only)

Read the Fine Print

For details on how your information is handled and your privacy rights within the program, read the fine print page.

[Click Here](#)

Log in to the Wellness Portal

To track your participation, you must be registered under the T&M Associates 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

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

	Employee	Spouse
Username Format	Employee Email Address	TM_FirstInitial+LastName+YOB
Password Format	Birthdate in MMDDYYYY	Birthdate in MMDDYYYY
Example	UN: JDoe@TandMAssociates.com PW:01101980	UN: TM_SDoe1986 PW:03151981



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.



1

Annual Physical with Labwork

Employee + Spouse Requirement

Visit your Primary Care Provider (PCP) for an annual physical with lab work. All required health metrics must be collected between **July 1, 2025**, and **December 31, 2026**, and your completed Physician Results Form must be submitted to Wellworks For You.

Submission Instructions:

- Log in to the [Wellness Portal](#)
- Select My Program, then click on Forms & Documents
- Download and print the Physician Results Form and optional QR Code page
- Take both to your PCP appointment
- After your visit, upload the completed form to the portal by using the QR code or alternate upload options

Please allow time for your provider to process and document lab work.

2

Know Your Number Assessment

Employee + Spouse Requirement

You'll be prompted to complete the KYN Assessment when you log in.

- Complete all sections except health metrics
- If your health metrics are already entered, click Finish
- If not, click Save—your assessment will be completed once metrics are uploaded from your Physician Results Form

Results will be visible on the KYN Assessment page and your Forms & Documents. Participation will be marked once both pieces are complete.

3

KYN Health Coaching Review

Employee Requirement

Be sure to complete your Know Your Number Assessment before your health coaching call so your coach can review your results with you.

To schedule:

- Log in to the [Wellness Portal](#)
- Select Coaching Corner, then click My Coaching
- Follow the prompts to select a coach, view availability, and confirm your appointment



Deadline
December 31, 2026





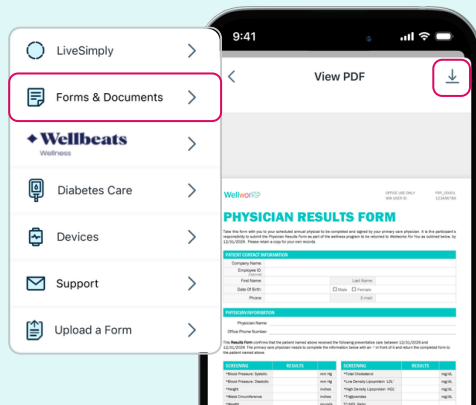
2026 WELLNESS PROGRAM Forms

Instructions

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

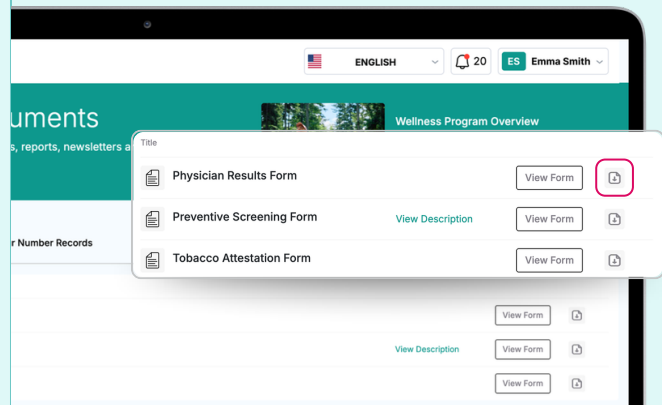
Download via Mobile App

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



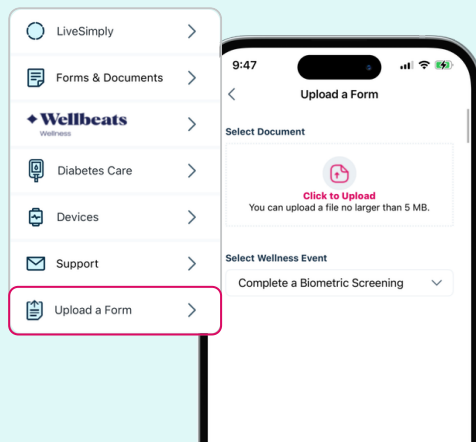
Download from Portal

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.