



# 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 Overview



### Get Started

All T&M Associate employees will have opportunities to participate in various wellness activities. Medically enrolled employees and covered spouses can earn an incentive by completing the requirements below.

### Earn Your Incentive

Medically enrolled employees and covered spouses can complete Tier 1 by the June 30, 2026, deadline to earn a 2026-2027 medical premium discount.

Enrolled employees also have the opportunity to complete Tier 2 to earn a higher discount.

Level	Requirements
Tier 1	Step 1 Annual Physical w Labwork Step 2 Know Your Number Assessment Step 3 KYN Health Coach Call
Tier 2	Completion of Tier 1 + Earn a minimum of 50 points by completing various wellness activities

### 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](http://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 **June 30, 2026** and your completed Physician Results Form must be submitted to Wellworks For You by **June 30, 2026**.

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**  
**June 30, 2026**





## 2026 WELLNESS PROGRAM Tier Two Requirements

Employees who complete Tier One Requirements are also eligible to earn the Tier Two Incentive by completing various wellness activities. Wellness Activities (with the exception of the Follow Up Health Coach Call) can be completed in any order, regardless of Tier One completion status. Please note the specific activity deadline, as some activity deadlines are prior to the June 30, 2026, program deadline. Visit the Wellness Portal for additional information on how to complete the various activities.

<b>Follow Up Health Coach Call</b> Once you've completed your Know Your Number Health Coaching Call (KYN), you may continue to meet with your Health Coach. Only one (1) additional call will count towards your Tier Two incentive.	25 PTS
<b>Age/Gender Preventive Exam</b> Earn up to 50 points by submitting the Preventive Screening Form or an Explanation of Benefits (EOB). Visit the Wellness Portal for available exam types and submission instructions. Exams between 7/1/25 – 6/30/26 are valid.	25 PTS EA MAX of 50 PTS
<b>Dental or Vision Exam</b> Complete one (1) dental or vision preventive exam to earn credit for this activity. Visit the Wellness Portal for details and submission instructions. Exams between 7/1/25 – 6/30/26 are valid.	25 PTS
<b>Mind Matters Challenge - February 16 - March 16</b> Over the four (4) week Mind Matters Healthy Habits Challenge, adopt small, impactful habits that improve your mindset and create a healthier mental environment. Register on the Wellness Portal as the start date approaches.	10 PTS
<b>100 Mile Walking Challenge - May 4 - May 31</b> Can you walk 100 Miles in just four (4) weeks? The 100 Mile challenge invites you to walk an average of 7,000 steps per day throughout the four (4) week challenge. Register on the Wellness Portal as the start date approaches.	10 PTS
<b>ELearning Series</b> Earn up to 20 points by completing a Learning Series through the Learning Center section of the Wellness Portal. The Post Module survey must be completed to earn participation.	5 PTS EA MAX of 20 PTS
<b>ELearning Videos</b> Earn up to 10 points by completing Learning Videos through the Learning Center section of the Wellness Portal. If available, the Post Module survey must be completed to earn participation.	1 PTS EA MAX of 10 PTS



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## Incentives



Medical Enrollment Status	Progress	Incentive
Employee Only Medical Coverage	Tier 1 Completion	\$25 bi-weekly Premium Differential in the 2026-2027 plan year (\$650 annually)
Employee Only Medical Coverage	Tier 2 Completion	\$35 bi-weekly Premium Differential in the 2026-2027 plan year (\$910 annually)
Employee + Spouse Medical Coverage	Employee and Spouse Tier 1 Completion	\$40 bi-weekly Premium Differential in the 2026-2027 plan year (\$1,040 annually)
Employee + Spouse Medical Coverage	Employee Tier 2, Spouse Tier1	\$50 bi-weekly Premium Differential in the 2026-2027 plan year (\$1300 annually)

### View Your Incentive Progress

Looking for an overview of your progress to date?

- Log in to view your program status.
- The My Program Progress section outlines completed events and points/dollars accumulated.
- The My Incentive section outlines your incentives and will turn green when you have met your incentive.
- My Next Steps displays each event as Get Started, In Progress, or Completed based on your status.
- Click any event title for more details.



2026 WELLNESS PROGRAM

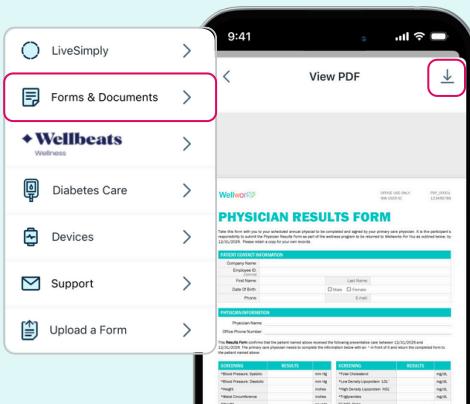
# Forms

## Instructions

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

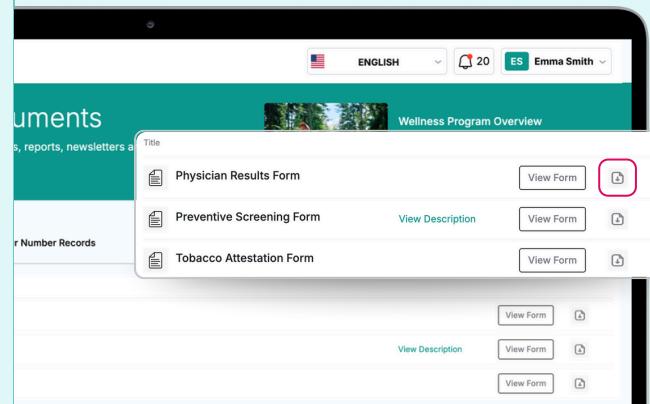
### Download via Mobile App

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



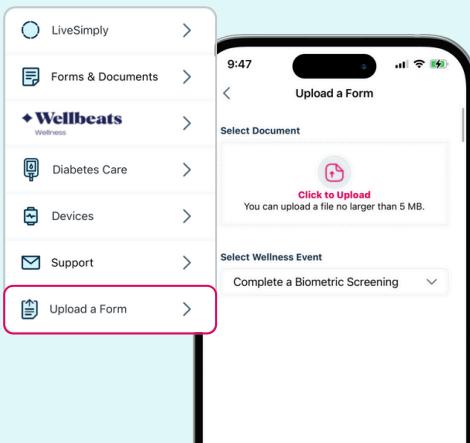
### Download from Portal

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.

**Upload Forms**

- > 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.