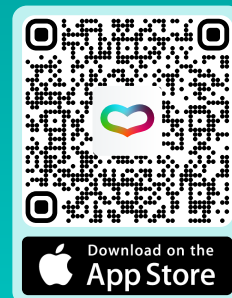
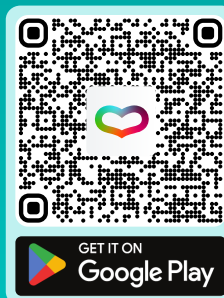


# 2025-2026 Wellness Program

## 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 Contact Us 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.



## Get Started

Welcome to your 2025-2026 Wellness Program. Medically enrolled employees and covered spouses can earn a 2026-2027 medical premium discount by completing an Annual Physical with Labwork.

## Earn Your Incentive

Medically enrolled employees and covered spouses or domestic partners are eligible to receive a \$20/per pay credit (single) or \$40/ per pay credit (two adults) on 24 pays per year beginning July 2026.

Additionally, medically enrolled employees and covered spouses or domestic partners can participate in additional wellness activities individually to earn points to redeem Reward Cards.

Activity	Incentive
Requirement: Annual Physical w Labwork	2026 Wellness Credit beginning July 2026
Optional: Earn 50 Points in Wellbeing Activities	\$25 Rewards Mall Gift Card
Earn an Additional 50 Points in Wellbeing Activities	Additional \$25 Rewards Mall Gift Card

## Log in to the Wellness Portal

To track your participation, you must be registered under the Bancroft 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	Work Email Address	Work Email Address + S
Password Format	Birthdate in MMDDYYYY	Birthdate in MMDDYYYY
Example	UN: john.doe@bancroft.org PW: 01011980	UN:john.doe@bancroftS PW: 01011980



### 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.*



## 2025-2026 WELLNESS PROGRAM Requirements

### Annual Physical with Labwork



Visit your Primary Care Physician (PCP) for an annual physical with lab work. All required health metrics must be collected between June 1, 2025 and May 31, 2026, and your completed Annual Physical with Labwork Form must be submitted to Wellworks For You by **May 31, 2026**.

**Submission Instructions:**

- Log in to the [Wellness Portal](#)
- Select My Program, then click on **Wellness Locker/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.

Do not directly send lab reports; only submit the completed Physician Results Form. It is recommended that you retain a copy for your records.

### Labcorp Voucher



Complete your wellness screening at a local LabCorp facility. Your lab results will be sent directly to Wellworks For You. After completing your bloodwork, print the **Proof of Visit form** from the LabCorp Voucher Packet and have the form signed by your PCP at your annual preventive physical.

The Annual Physical Screening requirement is met when the bloodwork is complete using the **Lab Voucher** and the signed **Proof of Visit form** is received by Wellworks.

**To schedule your appointment:**

1. Log in to the [Wellness Portal](#)
2. Download the LabCorp voucher from the **Wellness Locker/Forms & Documents**
3. Follow the steps on the voucher flyer to schedule your screening

**To view your results:**

- Visit the [LabCorp Patient Portal](#) to access downloadable results

**OR**

- Via the [Wellness Portal](#), go to **My Health Metrics>View Metrics** to see your historical data



**Deadline**  
**May 31, 2026**





## Healthy Ranges

Based on the results from your Annual Physical Screening, earn 10 points for each range that you meet, as outlined below.

- Waist Circumference: Men less than or equal to 40 inches, Women less than or equal to 35 inches
- Total Cholesterol: Less than or equal to 200 mg/dl
- Blood Pressure: Less than or equal to 130/85 mmHg
- Fasting Glucose: Less than or equal to 100 mg/dl

10  
pts each  
(40 pts  
max)

## General Preventive Screening Exams

Complete the following exams for credit. Complete and submit the Preventive Screening Form or an Explanation of Benefits (EOB).

- Dental Exam (5 Points) Recommended for all ages, 2x/year
- Vision Exam (5 Points) Recommended for all ages, every 365 days
- Dermatology Exam (10 Points) Recommended for all ages, every 365 days

5-10  
pts each  
(25 pts  
max)

## Age/Gender Preventative Screening Exams

Complete the following exams based on your age and gender, or PCP recommended based on family history. Complete and submit the Preventive Screening Form or an Explanation of Benefits (EOB). Each exam is worth 25 Points each.

- Colonoscopy Recommended for ages 45+, every 5-10 years
- Prostate Exam Recommended for males ages 40+, every 2 years
- OBGYN Recommended for females of all ages annually
- Pap Smear Recommended for females of all ages, every 2 years
- Mammogram Recommended for females ages 40+

25  
pts each

## Quarterly Step Tracking

Walk over 1 million steps during the course of the program year!

Reach 500,000 quarterly steps (average of 5,500 steps per day) and receive 10 total points each quarter. Sync your favorite device or app to begin tracking. View your progress via the Fitness & Nutrition Dashboard

10  
pts  
quarterly

## E-Learning Series

Complete an e-learning series under the Learning Center found on the homepage or via the menu. Each series is worth 10 point with a max of 50 points. Begin by completing the Pre-Module Survey then watching the first video and complete the corresponding quiz. After you finish the final module, you must complete and submit the Post-Module Survey. PLEASE NOTE: Please begin a series no later than April 15, 2026, to provide enough time for completion.

10  
pts each  
(50 pts  
max)



### Carebridge Webinars

Bancroft offers an Employee Assistance Program (EAP) to all staff regardless of status. The EAP offers EAP and Counseling Services, Physical and Mental Wellness Support, Life Management Services, Financial Assistance, and Legal Assistance. These programs offer assistance in every facet of life from hardships to everyday situations and planning for your future. Complete webinars and earn credit by self-reporting your participation on the Wellness Portal.

**Website:** [www.mylifeforce.com](http://www.mylifeforce.com) - Register with Access Code: MRTXF

5  
pts each  
(40 pts  
max)

### Livongo Participation (Active Engagement)

Livongo is a free-to-you digital diabetes and hypertension management health program that helps make living healthy easier. Active participation using Livongo's connected devices and coaching will reward members with 25 points. For more information on these programs please contact Livongo at **800.945.4355**

25  
Points  
Per Year

### Sena Health

Sena Health Enrollment and Two (2) Consultations w/ Sena Care Coordinator

25  
pts each

### Volunteer/Community Wellness (limit 2 per year)

Volunteer at charity events/drives. Minimum of three (3) hours of service per event/drive. Verify your completion via self-reported participation on the homepage of the portal or mobile app.

5  
pts each  
(10 pts  
max)

### Race Participation (limit 2 per year)

Participate in a 5K (or longer) walking, running, biking, or swimming event and verify your completion via self-reported participation on the homepage of the portal or mobile app.

5  
pts each  
(10 pts  
max)



## 2025-2026 WELLNESS PROGRAM Form Upload

### Instructions

Find all forms and documents, available to download in the Wellness Locker, accessible from the Portal menu or homepage. Complete and submit directly in the portal or mobile app.

#### AUTOMATIC PARTICIPATION VIA QR CODE:

Our new QR Code technology instantly allows providers to submit results in real-time via a secure QR Code link. *This is available for the Physician Results Form/Proof of Annual Physical Form only, at this time.*

#### Mobile App

##### AUTOMATICALLY

#### Wellness Portal

1. Log in to your **Wellworks For You Mobile App** and go to the **Wellness Locker**.
2. Select the **Annual Physical with Labwork Form** during your visit.
3. Choose **Complete Form Online** to access the secure QR Code link for your provider.
4. Upon submission, you will receive automatic participation credit.

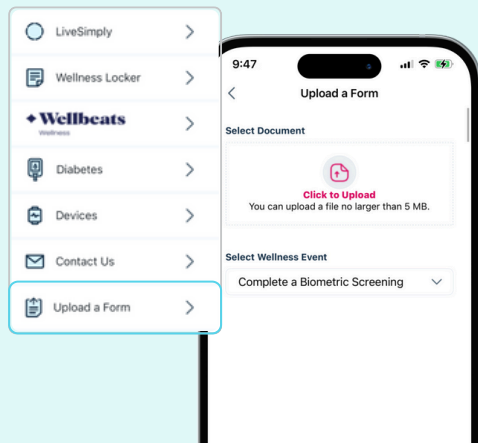
1. Log in to your **Wellness Portal** and go to the **Wellness Locker**.
2. Print the **Annual Physical with Labwork Form** and the QR Code page.
3. Have your provider scan the QR Code from your device to complete the submission.
4. You will receive automatic participation credit upon submission.

#### Upload via Mobile App

##### MANUALLY

#### Upload to Portal

Take a photo of your form and upload it via the 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.



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.

QR codes are unique to each participant and may not be shared.

If your provider doesn't have all required metrics during your appointment, you may use the paper form or ask them to submit it online once the metrics are available.



## Learning Center

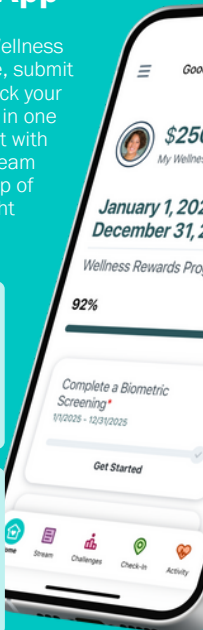
Explore health topics and boost your wellbeing with the e-Learning Series. Complete the full series by April 15, 2026. Watch videos, pass short quizzes, and unlock a new module each week. Finish with the Post-Module Survey to earn credit!

**Please Note:** Google Chrome is the recommended browser when viewing the Learning Center on the Wellness Portal.



## Download the Mobile App

Access your Wellness Program guide, 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.



## Verified Self-Reported Participation



Once submitted, your participation will update automatically and display Participation Confirmed. **To report your activity:**

- Find the Wellness Activity and select **Get Started**.
- Click **Confirm Your Participation**.
- Enter the completion date and select **Confirm**.

*Some self-reported activities may include follow-up questions to confirm completion. All entries are subject to review or adjustment.*

## Fitness & Nutrition Dashboard

Our dashboard makes it easy to track fitness, nutrition, and health goals—helping you stay engaged and motivated on your wellness journey.



## The Fine Print

The Bancroft Wellness Program is voluntary and confidential, with incentives available for eligible participants. Your personal health information is protected.

[Read the Fine Print](#)

