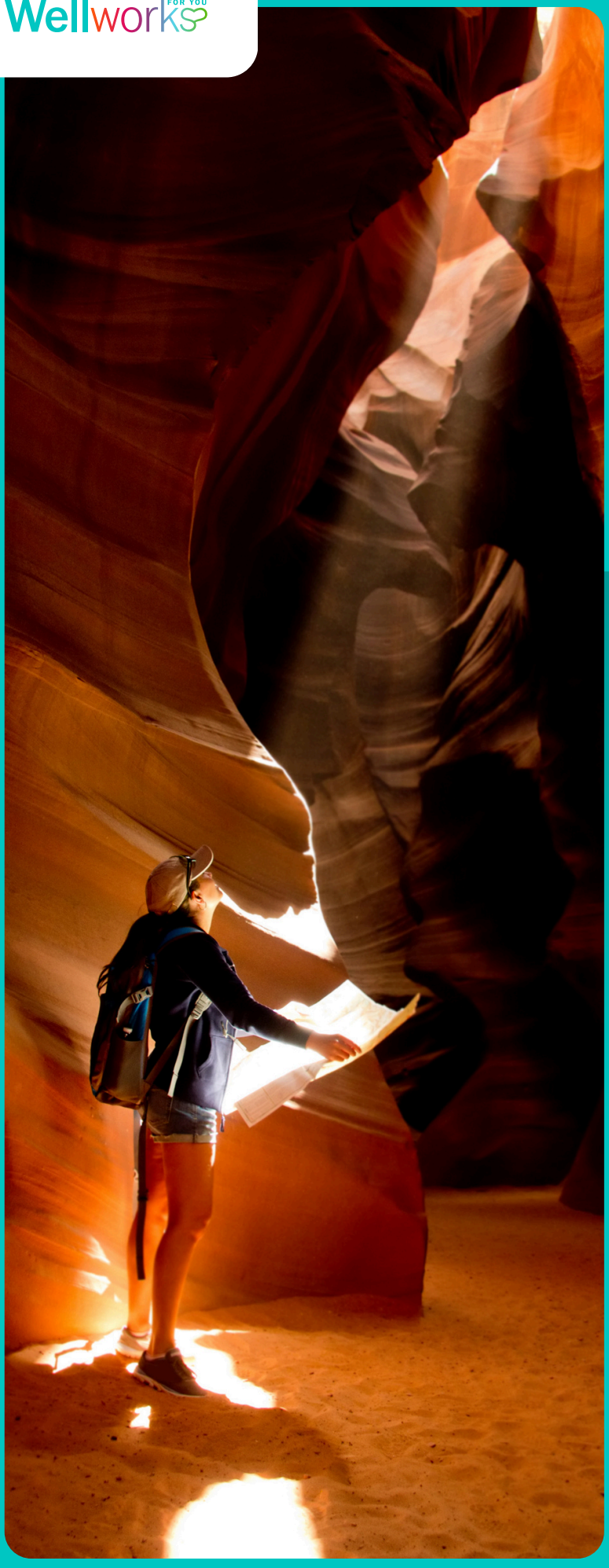
Wellworks FOR YOU



NEWHORIZONS

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.

GET IT ON Google Play

Download on the App Store

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.

NEW HORIZONS

2026 WELLNESS PROGRAM

Requirements

REQUIREMENT	DEADLINE
1 Physician Results Form Complete an annual physical exam with your physician between **November 1, 2025** and **October 31, 2026**. Take this packet with you to your appointment and have your doctor complete and sign the Physician Results Form. It is the **participant's responsibility** to return the form as part of the completed packet by **October 31, 2026.** • **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 **New Horizons Baking Company** health benefit plan network. If you need assistance in finding a physician, please go to w**ww.umr.com**. Little clinics and minute clinics do not qualify as Primary Care Visit completion.	**October 31, 2026**
2 Tobacco Attestation Form/Cessation Program **All participants are required to complete this form** in its entirety and certify that they are a non-tobacco user or are a tobacco user that will complete the Wellworks For You 7-week Tobacco Cessation e-Learning Series. • If you certify that you do not use tobacco, you will complete Step 2 by completing the Tobacco Attestation Form. • If you certify that you use tobacco, you must complete the Tobacco Cessation e-Learning Series by **October 31, 2026** to earn credit for this requirement. Instructions to complete the 7-week e-Learning Series are located on the Tobacco Attestation Form.	**October 31, 2026**
3 Preventive Screening Form You must complete at least **ONE (1)** preventive exam to earn credit for this step. Complete and submit the Preventive Screening Form by **October 31, 2026.** Exams must take place between **November 1, 2025** and **October 31, 2026.** Exam options include: Mammogram, OB/GYN annual exam, Colonoscopy, Prostate exam, Vision exam, Dermatology exam (body scan/skin check/skin cancer screen), Dental exam/cleaning, or a Flu Vaccine.	**October 31, 2026**
4 Submit Your Completed Forms 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.	**October 31, 2026**

Eligibility

Medically enrolled employees and covered spouses, if applicable, can complete steps 1-2 above by OCTOBER 31, 2026 to earn a Premium Discount in 2027.

PHYSICIAN RESULTS FORM + ONE (1) PREVENTIVE EXAM: $70/Month Premium Savings

TOBACCO ATTESTATION FORM/ CESSATION E-LEARNING SERIES: $50/Month Premium Savings

PLEASE NOTE: The incentive is contingent upon spousal completion of the program, if applicable. Your new program details are outlined in this guide.

IMPORTANT! New Hire Requirements

- Employees who are eligible for benefits/hired on or before August 1, 2026 area encouraged to participate in the wellness program to receive the incentive.
- Employees eligible for benefits/hired on or after August 2, 2026 are grandfathered into the incentive.

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	Spouse
Username Format	NHBC_+ First Name + Last Name + Year of Birth (YYYY)	NHBC_ + First Name + Last Name + Year of Birth (YYYY)
Password Format	Birthdate in MMDDYYYY	Birthdate in MMDDYYYY
Example	UN: NHBC_JonSmith1985 PW: 01021985	UN: NHBC_JenSmith1985 PW: 02031985

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 [MM/DD/YYYY]:

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: **11154**
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

Form Upload

Instructions

Find all forms and documents, available to download in the **Forms & Documents**, 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.

AUTOMATICALLY

Mobile App

1. Log in to the **Wellworks For You Mobile App** and go to the **Forms & Documents**.
2. Select the **Physician Results 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.

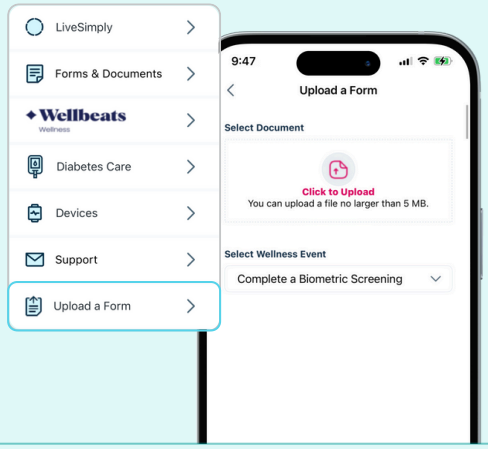
Wellness Portal

1. Log in to your **Wellness Portal** and go to the **Forms & Documents**.
2. Print the **Physician Results 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.

MANUALLY

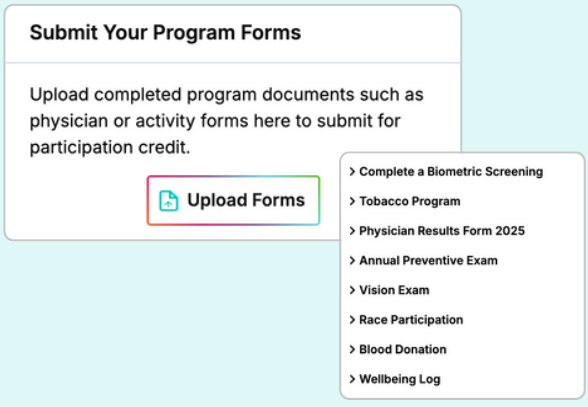
Upload via Mobile App

Take a photo of your form using your smartphone 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.



Upload to Portal

Click the **Upload a Form** tile from the homepage. Select the event title from the dropdown and upload your form to the portal. Users are limited to **one (1)** file per submission.



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.