



WELCOME TO WELLNESS 2022

Wellness program requirements are due on October 31st. If you choose to not complete the requirements, you will pay a healthcare surcharge of \$50 per month for a total of \$600 in 2023.

LOGIN TO THE WELLWORKS PORTAL

For your participation in the program to be tracked, you must be registered under the Varsity Brands Portal. **Note: All Varsity Brands employees have a new username and temporary password on the Wellworks portal for 2022.**

1. Go to www.wellworksforyoulogin.com
2. Enter your username & password in the following format
 - i. Username: Firstinitial+Lastname+lastfoursofsocial+VB (i.e., JSmith5678VB)
 - ii. Temporary Password: Your Birthdate in MMDDYYYY
 - A. Do not include dashes, slashes, or spaces. Please include leading zeros.
 - B. The temporary password is only for the first time you access the Portal and you will be prompted to change it upon entry.
3. Accept the terms of the Consent Form
4. Fill in the required information

Example	Name/ Social Security Number	John Smith, 123-90-5678
Username Format	Firstinitial+Lastname+lastfoursofsocial+VB	JSmith5678VB
Temporary Password Format	MMDDYYYY	01241990

EARN YOUR 2023 INCENTIVE

Employees enrolled in a Varsity Brands medical plan as of January 1, 2022 must complete a Biometric Screening, the Know Your Number Assessment, as well as Age/Gender Preventive Screenings by **October 31, 2022** to be eligible to earn a medical premium discount in 2023.

1. Complete a Biometric Screening by visiting your Primary Care Physician for an annual physical with lab work. Print out the attached Physician Results Form and take it to your doctor.
2. Complete the Know Your Number Assessment which is located on the Wellworks Portal. Answer all questions, except for the Health Metrics section.
3. **NEW in 2022:** Complete the Age/Gender Preventive Screenings that apply to you. These will show as "IN PROGRESS" on the portal. All age/gender preventive exams that do not apply to you will be marked as "COMPLETED." You must complete ALL preventive screenings requirements associated with your age/gender to complete this requirement. Once completed, navigate to the Wellworks Portal and under ResultsNow, click the exam you completed and select "Confirm Your Participation."

QUESTIONS

All questions regarding your Wellness Program structure, status in your program, deadlines, etc. should be directed to the Wellness Team via the Wellworks For You Portal or Mobile App. Contact via email: l.greim@wellworksforyou.com or call Wellworks For You at 800.425.4657.