



VIRGINIA BANKERS ASSOCIATION

Benefits Corporation

**WELCOME TO
WELLNESS**

Wellworks For You



Agenda

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OUR APPROACH

It's All For You

Corporate wellness takes many paths, but we believe that our approach is the most successful. Why? We listen to you. It's in our company name! We don't believe in one-size-fits-all well-being solutions because no two people are alike. Our dedicated team of experts is here to support each custom-designed, data-supported program.

Creating Value From Values



*Customer
Driven*



Dedication



*Growth
Mindset*



Innovation



Integrity



Transparency



Why Wellness MATTERS

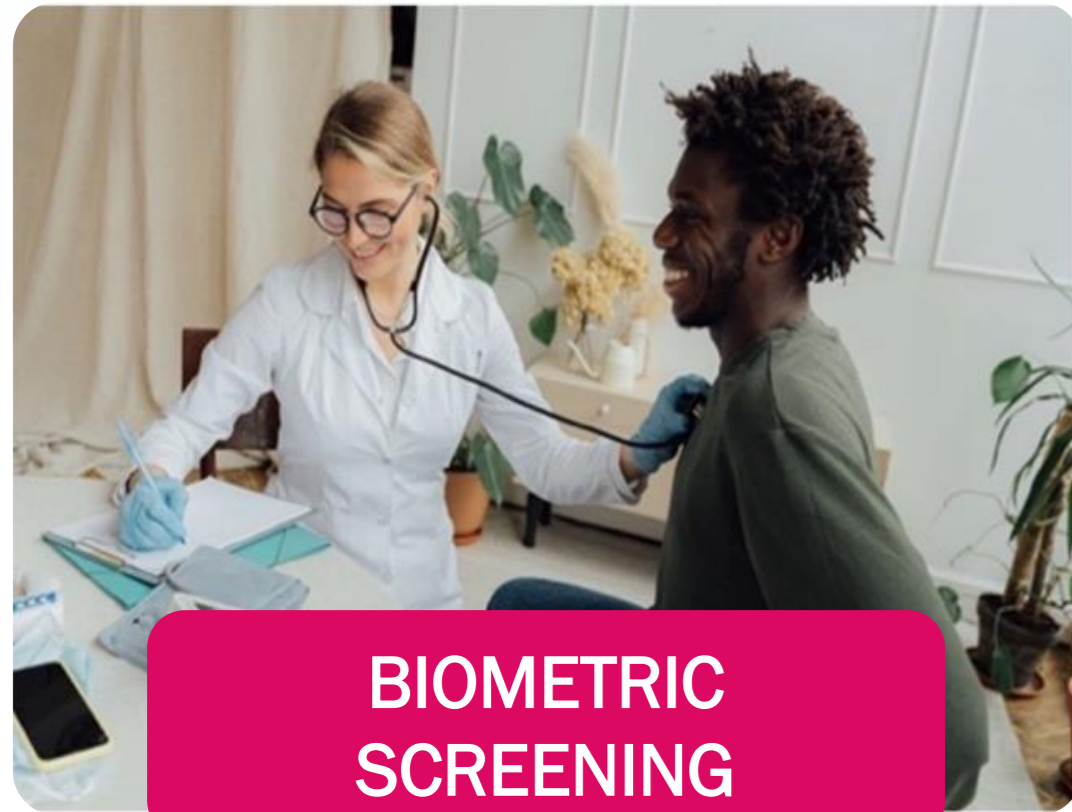
Most adults spend a large part of their day at work, making it the perfect place to encourage healthy habits. With 80% of healthcare claims linked to preventable illnesses, simple lifestyle changes can help avoid serious conditions like high blood pressure, obesity, heart disease, cancer, and high cholesterol.

Companies that implement wellness programs see:

- Lower Healthcare Costs
- Reduced Absenteeism
- Increased Productivity
- Enhanced Morale
- Healthier, More Satisfied Team Members

2025 Wellness Program Components

Wellness Program features available to all medically enrolled employees



**BIOMETRIC
SCREENING**

*Physician Results Form
Deadline: 8/29/2025*



**KNOW YOUR NUMBER
ASSESSMENT**

*Complete the Know Your
Number Assessment on
the Wellness Portal by
8/29/2025*



LEARNING CENTER

*Complete e-Learning
Series or Videos under
the Learning Center tile
by 8/29/2025*



**WELLNESS
CHALLENGES**

*Opportunities to
participate in wellness
challenges throughout
the year*


Employee Experience: Biometric Screening

DEADLINE: August 29, 2025

Physician Results Form

- Visit your Primary Care Physician (PCP) for an annual physical with lab work and have them complete the Physician Results Form.
- Metrics with an * are **required** for form completion.
- All metrics must be collected between **9/1/2024** and **8/29/2025**.

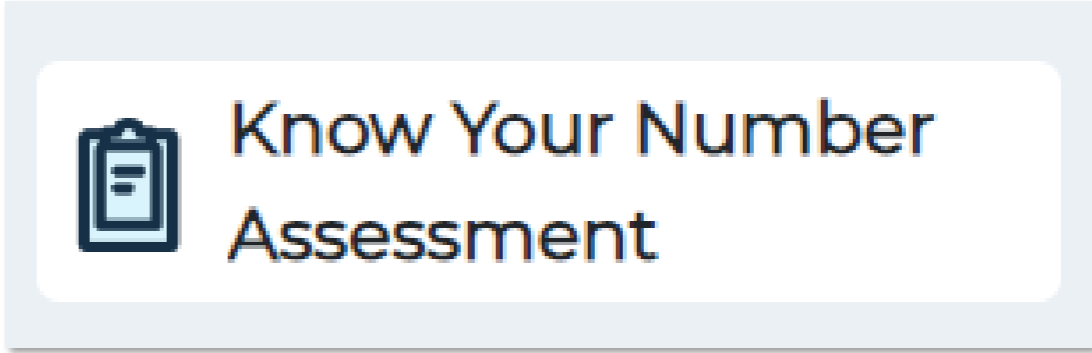
The Physician Results Form is located in the
Wellness Locker.

 Wellness Locker

Employee Experience: Know Your Number Assessment

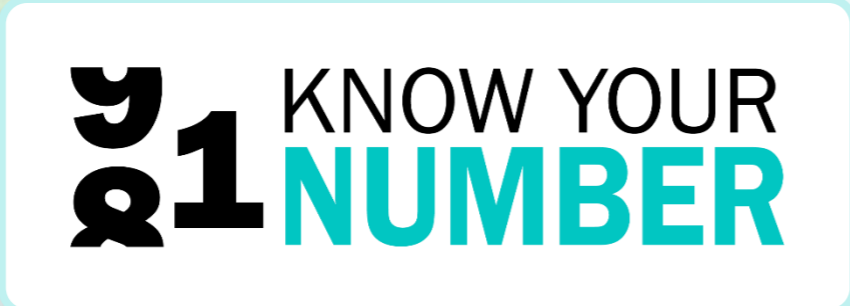
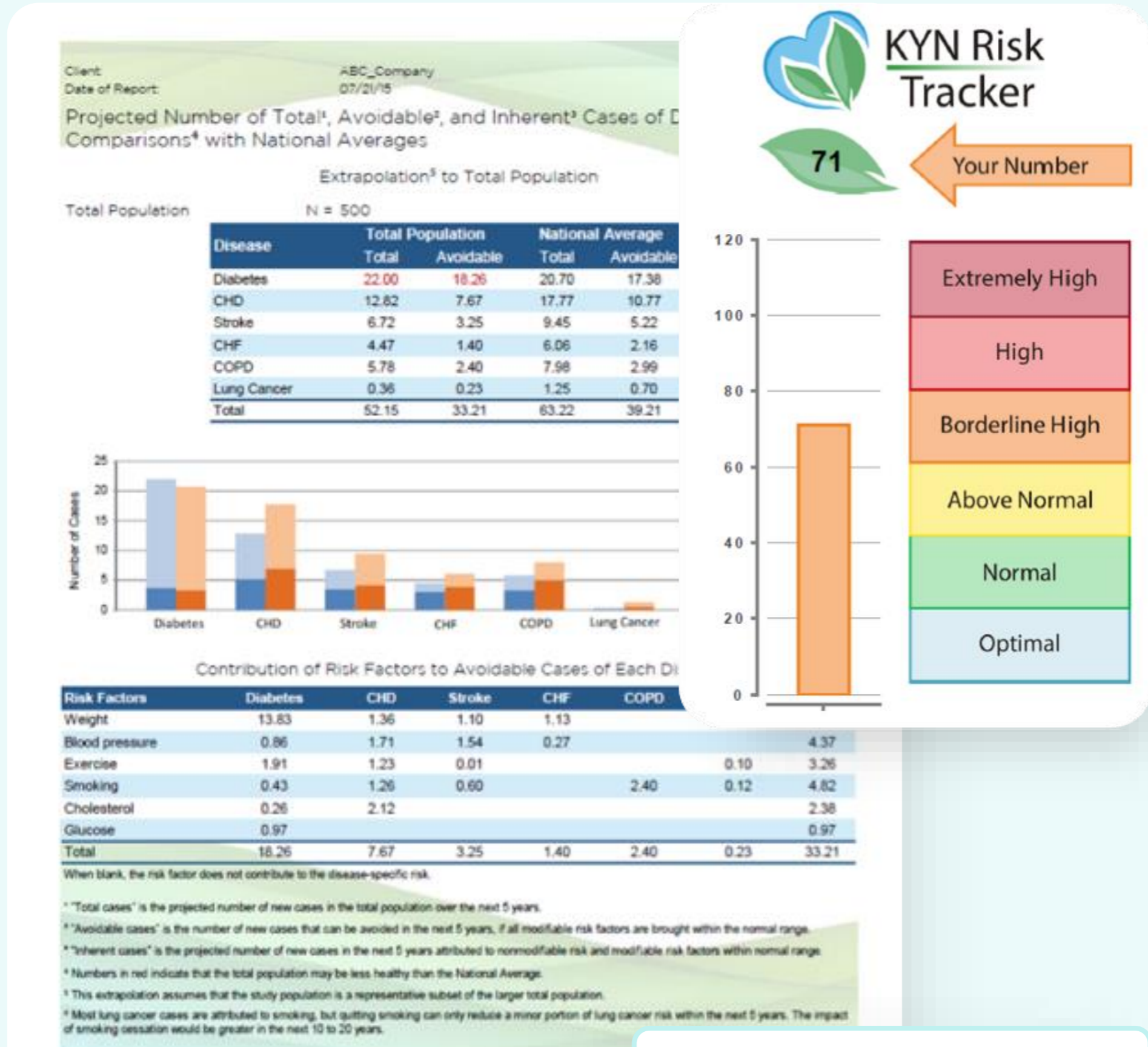
DEADLINE: AUGUST 29, 2025

Complete the **Know Your Number Assessment (KYN)** on the Know Your Number Assessment page of the Wellness Portal. Complete all questions, except for the Health Metrics section. Wellworks will upload your screening results once you complete the Physician Results Form. Once your assessment is completed in its entirety (questionnaire and health metrics), your results report will be generated and available on the **Know Your Number Assessment** page, as well as uploaded to the **Wellness Locker** under the **Health Records** section. Your participation in the assessment will also be updated at this time.



Complete The KYN Assessment On The App!

To complete the **Know Your Number Assessment** simply log into the app and navigate to **MENU>Know Your Number Assessment**. Select each section in the assessment and complete the required questions. Make sure to click **Save Responses** before leaving each section.



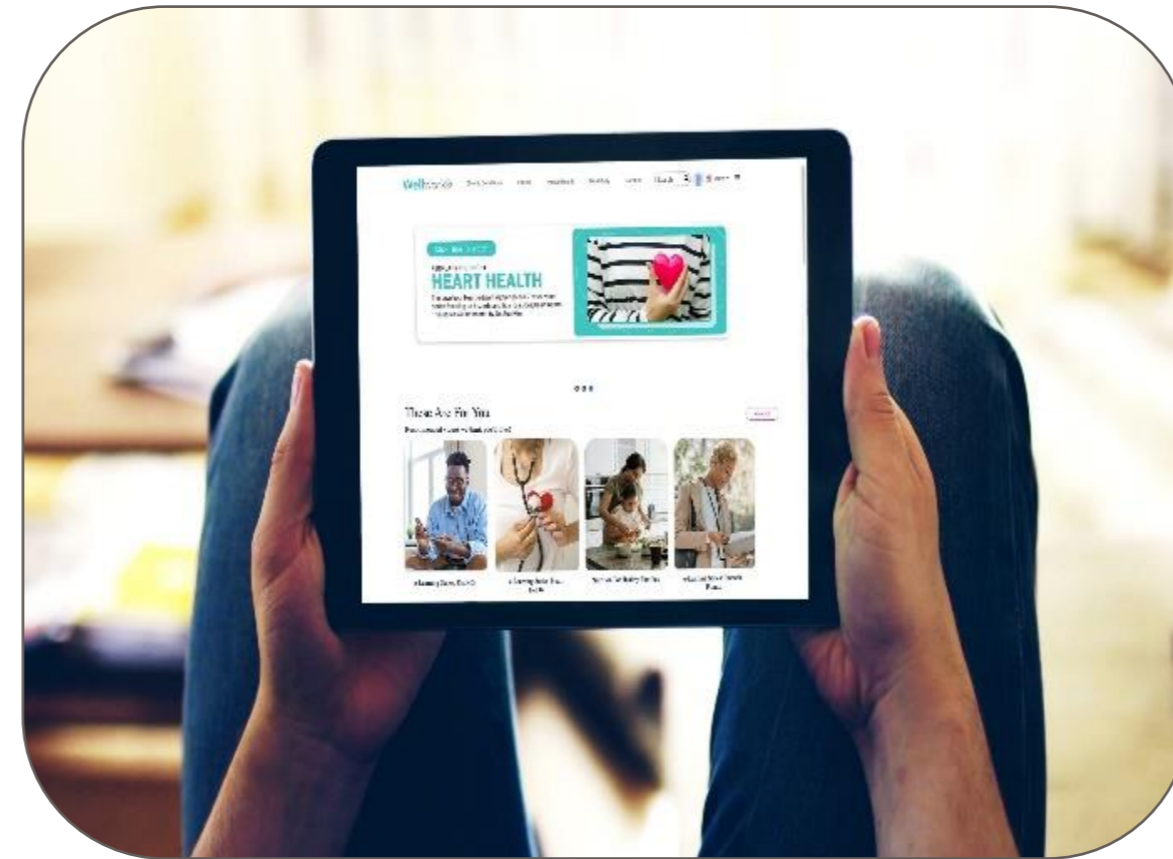
Employee Experience: Learning Center

The Wellworks For You Learning Center, available on the Wellness Portal, is a self-study platform designed to educate, inform, and inspire behavioral change. You can access the Learning Center through the Portal Menu.



TRENDING TOPICS

Catch up on videos and series that your coworkers are currently watching. You will be able to see the Top 10 series and videos trending across your workplace.



LIVE WEBINARS

Sign up for live wellbeing sessions hosted by other industry professionals. You can even catch up on previous webinars in the Previously Recorded Webinars tab.



THESE ARE FOR YOU

Work through a targeted set of videos and series that were selected specifically for you, based on your health metrics submitted through the Biometric Screening.

Employee Experience: Wellness Challenges

Let's motivate and engage your population through different wellbeing challenges throughout the year. Stay tuned for more information about the VBA-Wide Walking Challenge launching April 2025!

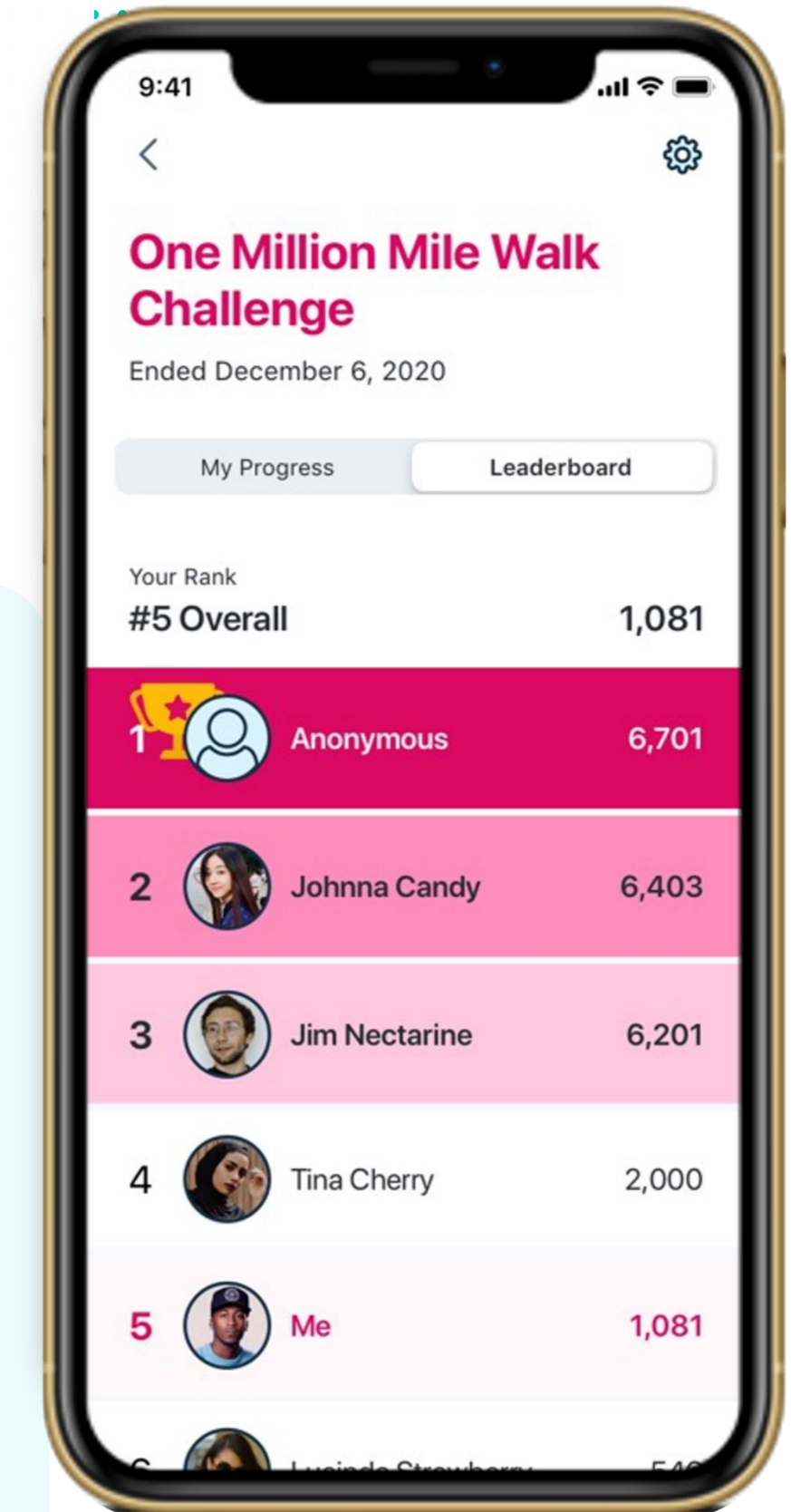
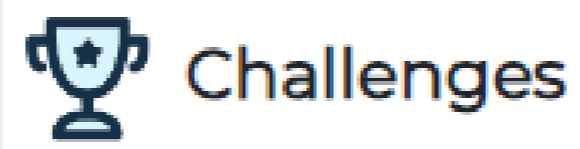
Wellworks will provide real-time leaderboards for participants to be able to interact and view their progress as well as their colleagues progress throughout the challenge.

Looking to run a company challenge on your own? More information to come in 2025!

SYNC YOUR DEVICE!

Sync your device or everyday fitness app to the **Wellness Portal or Mobile App**. Locate your device and follow the prompts to sync with the Wellness Portal.

NOTE: Apple users must sync via the **Wellworks For You mobile app** to transfer data from the **Apple Health App** and **Apple Watch**.





INCENTIVES!

The Wellworks Platform has wellness program tracking and incentive management capabilities!

Incentive Examples Include:

- Premium Discount
- HSA/FSA Contributions
- Payroll Credit
- Additional PTO
- Gift cards/raffle prizes

Unsure if you want to offer an incentive or what incentive to choose? Stay tuned for more information on incentives at the **Wellbeing Summit on 2/12/2025!**

Reporting & Tracking

Some of the reports you'll have access to include:

- Engagement Reports
- Program Participation Reports
- Aggregate Biometric Screening Baseline and Cohort Reports



Let's view the Wellworks Portal, Mobile App, & the VBA Intake Form!



Questions? Contact Your Wellness Team

For any questions about your Wellness Program reach out to your **Wellworks Customer Support Team** via Contact Us on the Wellness Portal or call **800.425.4657**.

For additional support, chat with us live on the wellness portal

Our “Chat Live” feature will give you access to chat with one of our helpful representatives during our regular business hours (*Monday to Friday 8:00am EST to 7:00pm EST*) to answer any questions and guide you on a path towards wellness.