

VIRGINIA BANKERS  
ASSOCIATION  
Benefits Corporation

WELCOME TO  
WELLNESS







# Agenda

**03** Why is Wellness Important?

**04** Portal Demonstration

**05** Sample Programs

**09** Tracking & Reporting

**11** Wellness Portal Features

**12** Hydration Mini Challenge

**13** VBA-Wide Challenge #2

**15** Mobile App Features

**16** What's Upcoming at Wellworks?

**20** Contact Your Wellness Team



## Why is Wellness Important?



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:

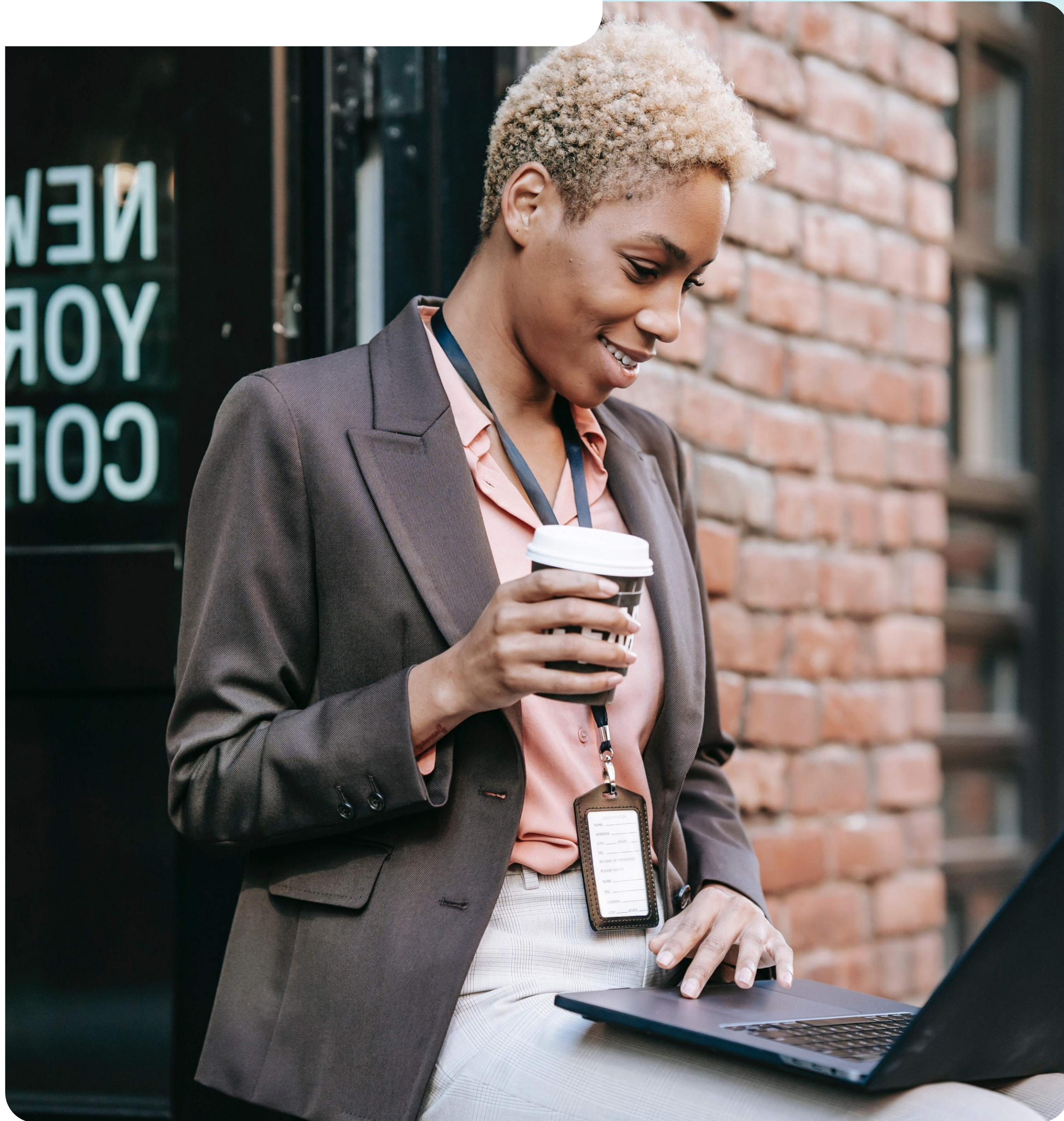
- Lower Healthcare Costs
- Reduced Absenteeism
- Increased Productivity
- Enhanced Morale
- Healthier, More Satisfied Team Members





# Portal Demo





# Let's Review Sample Programs!




**SAMPLE PROGRAM & INCENTIVE:** Complete the four (4) requirements below to earn a medical premium discount for the 2026 benefit year.




**STEP 1**

Complete a Biometric Screening



**STEP 2**

Complete the Know Your Number Assessment



**STEP 3**

Complete one (1) Learning Center Video

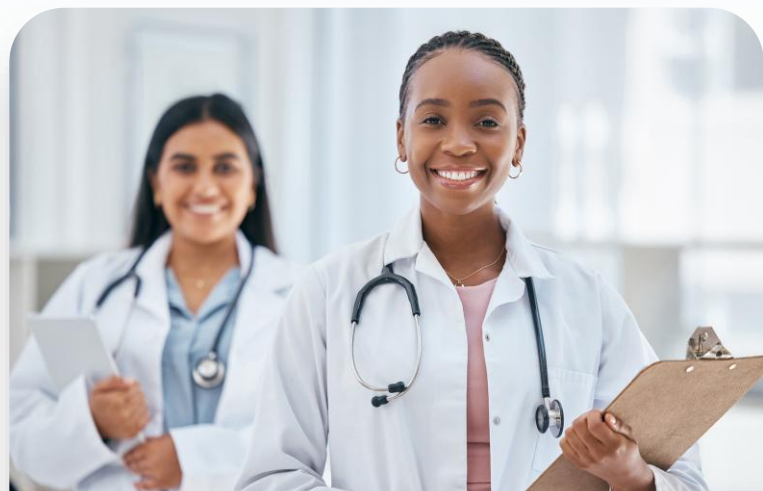


**STEP 4**

Complete one (1) Preventive Exam




**SAMPLE PROGRAM & INCENTIVE:** Complete the four (4) activities below to earn an additional day of PTO!




**ACTIVITY 1**

Complete a Biometric Screening



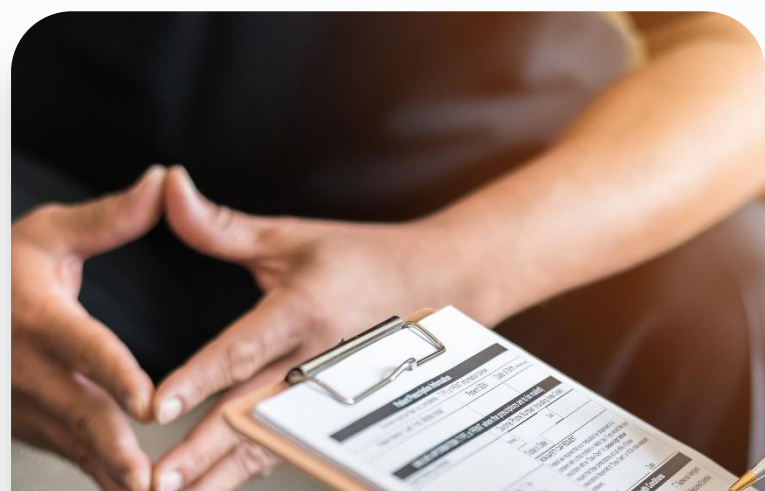
**ACTIVITY 2**

Complete one (1) wellness challenge



**ACTIVITY 3**

Proof of Gym Membership



**ACTIVITY 4**

Complete one (1) Preventive Exam



**SAMPLE PROGRAM & INCENTIVE:** Complete activities listed below to earn an HSA contribution or payroll credit.





You have access to the following reports & resources:

- Engagement Reports
- Program Participation Reports
- Aggregate Biometric Screening Reports
- Admin Access Guide





Reporting Sample –  
Program Incentive

Company ID	Company	Region	Account Type	Username	LastName	FirstName	User ID	Email
13496	Virginia Bankers Association		Primary	VBA_BenCorp_Admin	01Admin	01Admin	3561717	j.allen@wellworksforyou.com

Earned Dollar Value	Pending Dollars	Earned Point Total	Pending Points	Required Completed
0	0	0	0	0

13496 Biometric Screening (187932)	13496 Know Your Number (KYN) Assessment (187933)	13496 Learning Center (187934)	13496 VBA-Wide Challenge (187935)	Hire Date	Group Number
1/31/2025	1/31/2025				





## View Your Incentive Progress

Looking for an overview of your progress to date?

1. Log in to your Wellness Portal ([www.wellworksforyoulogin.com](http://www.wellworksforyoulogin.com)).
2. View your program status right on the homepage in the top right-hand section.
  - **My Progress** will show completion of required program components
  - **My Rewards** will show your total dollars earned to date
  - **My Points** will show your total points earned to date
3. For more details, click on any title in the “My Next Steps” section. Selecting an event title will open a pop-up with detailed information.
4. Once a component is complete, it will be marked as **COMPLETED**.

**Please Note:** Wellworks For You requires at least seven (7) to ten (10) business days for processing and participation to be updated in the Wellness Portal and mobile app.





# Hydration Mini Challenge 2025 COMING SOON!

## Challenge Journey:

Stay refreshed and build lasting hydration habits during the month of August!

### Mini Challenge Dates:

**August 18<sup>th</sup> – August 29<sup>th</sup>**

### How to Log Water Intake Via Web Portal:

1. Navigate to the **Fitness and Nutrition Dashboard**
2. Click **+ Add Water**
3. Select the date and log the ounces or cups of water consumed that day. **Note:** Please enter your cumulative water intake per day. New entries will override previous entries for that day.

### How to Log Water Intake Via App:

1. Click on the **Activity** icon in the bottom right
2. Scroll down to the **Nutrition** section
3. Click **Add Water**
4. Fill in the number and select units
5. Click **Save**



# Appalachian Trail Team Walking Challenge COMING SOON!



Device/App Connect

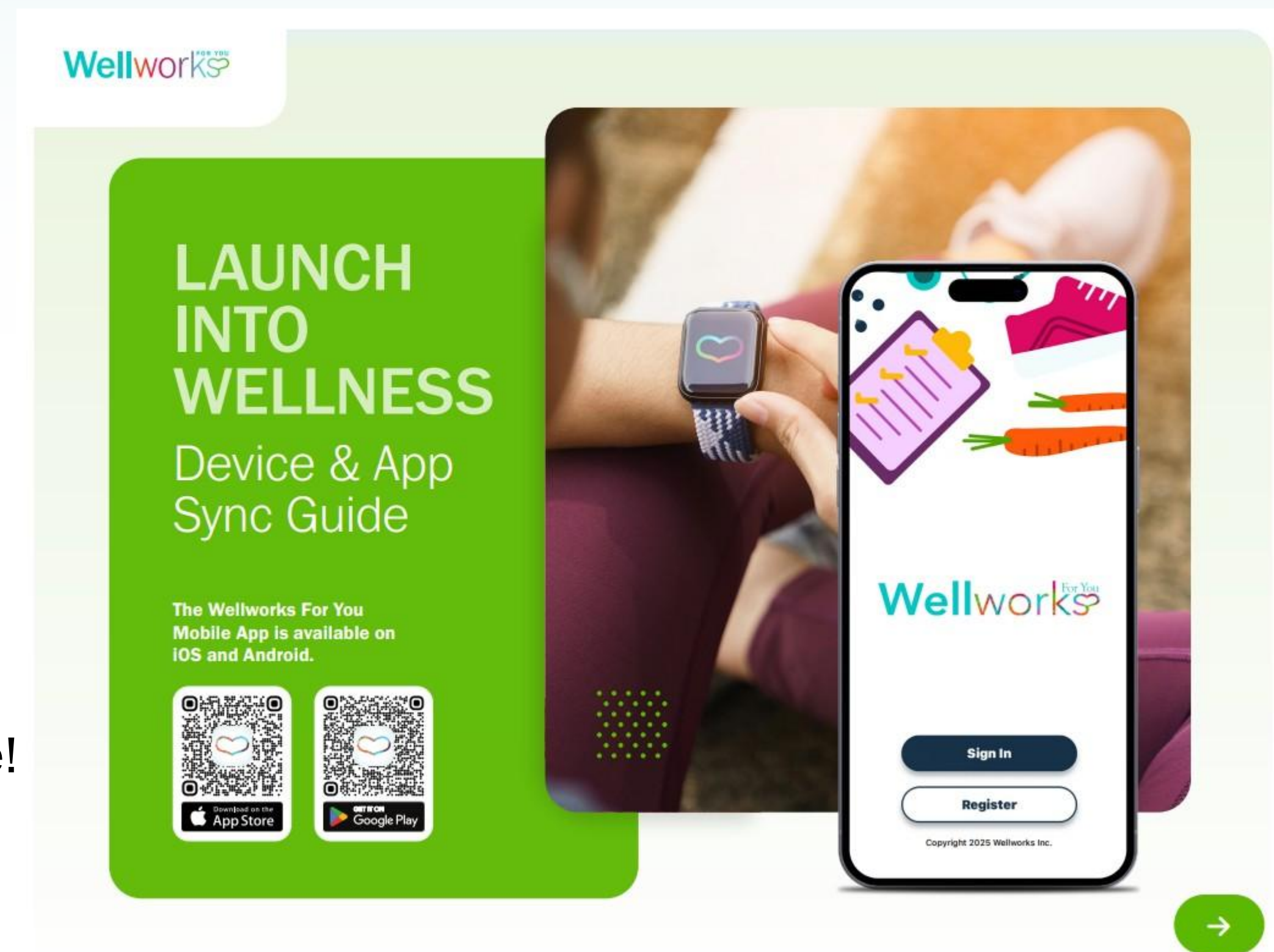
## Challenge Dates:

October 1<sup>st</sup> – October 31<sup>st</sup>

## Challenge Journey:

Can your bank conquer the Appalachian Trail and maintain the highest average steps among all VBA banks? Winner earns bragging rights!

Join your coworkers on this virtual walking tour that kicks off at Springer Mountain in Georgia and journeys all the way to Mount Katahdin in Maine! Walk an **average of 7,500 steps per day** throughout the **31-day challenge** to immerse yourself in the beauty of this iconic route.





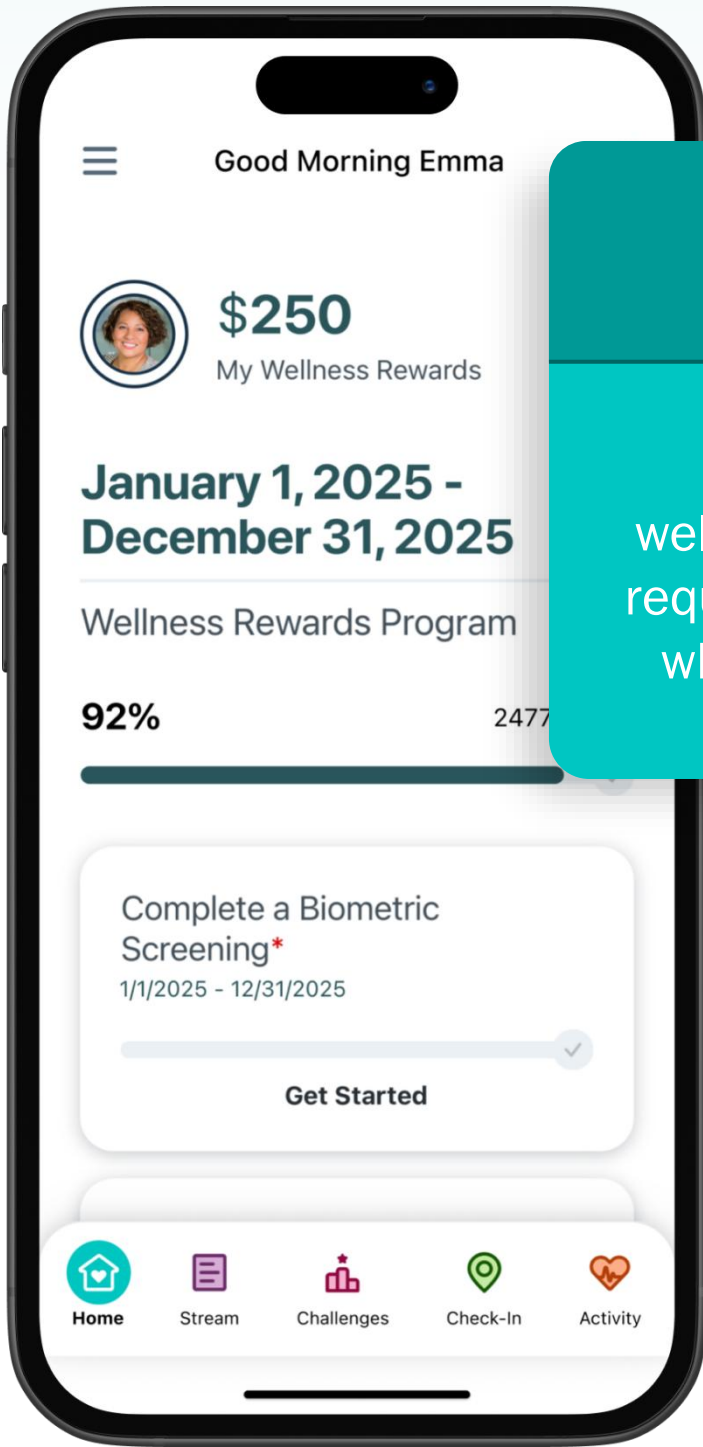
Company ID	Company	User ID	Last Name	First Name	Email
13496	Virginia Bankers Association	3561717	01Admin	01Admin	j.allen@wellworksforyou.com

Total Steps	Average Steps	Place on Leader Board	Show on Leader Board
168000	6000	1	Anonymous



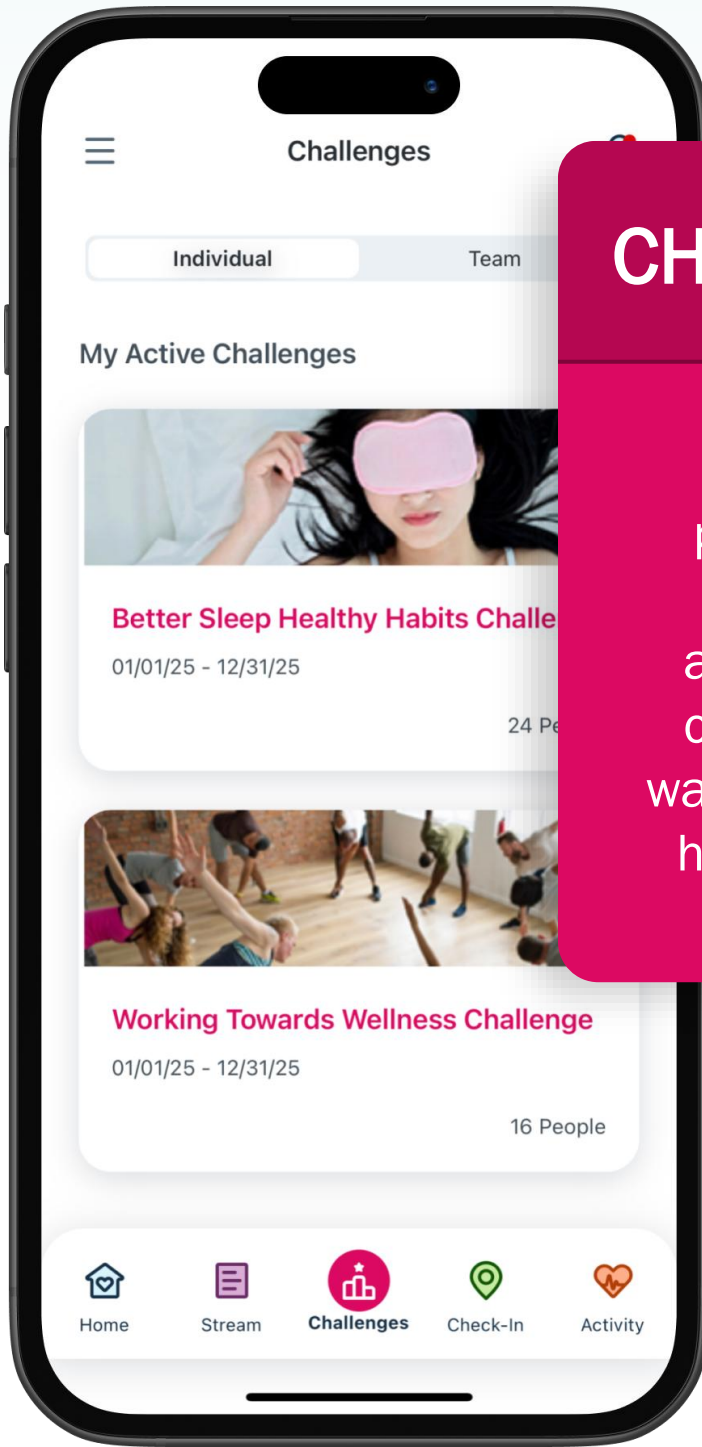


All resources available on the portal can also be accessed through the Wellworks For You Mobile App, available in both iOS and Android.



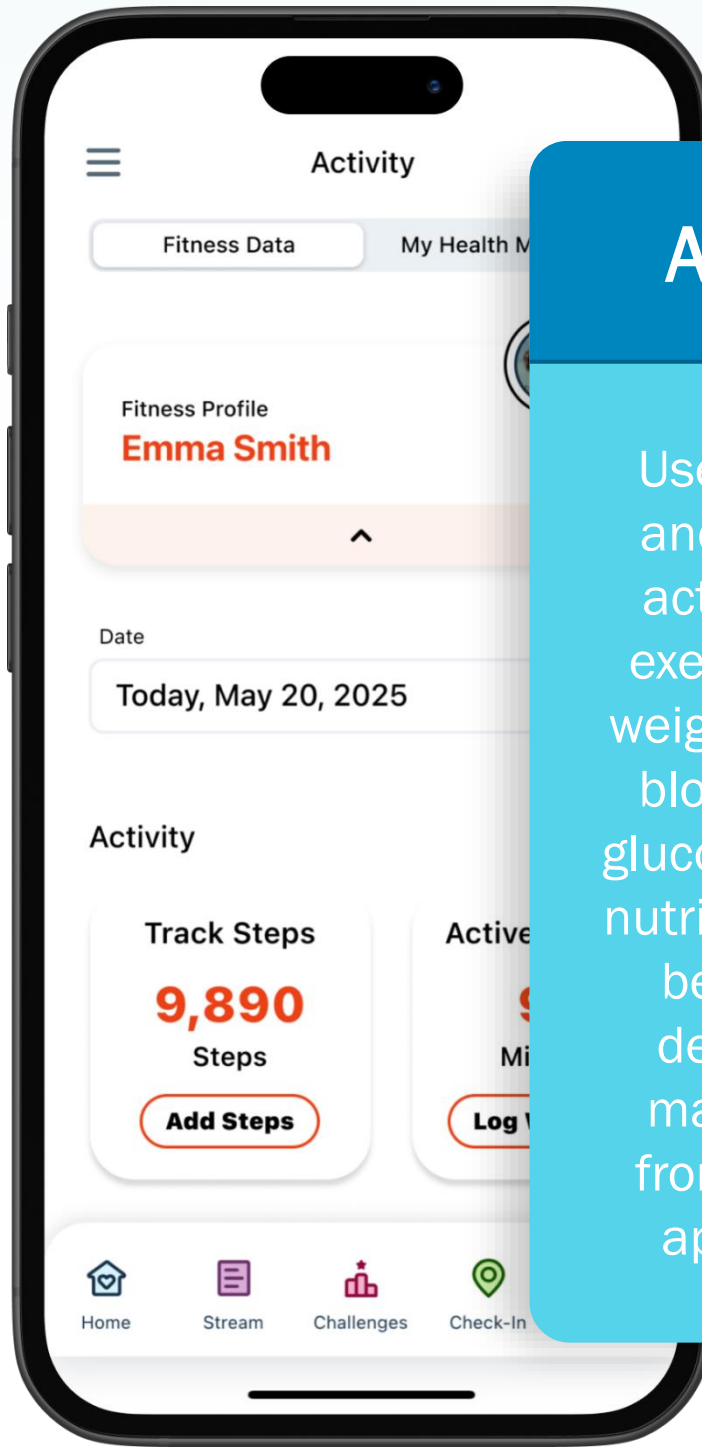
HOME

Access all wellness program requirements right when you login.



CHALLENGES

Users can participate in both team and individual challenges for walking, weight & healthy habits!



ACTIVITY

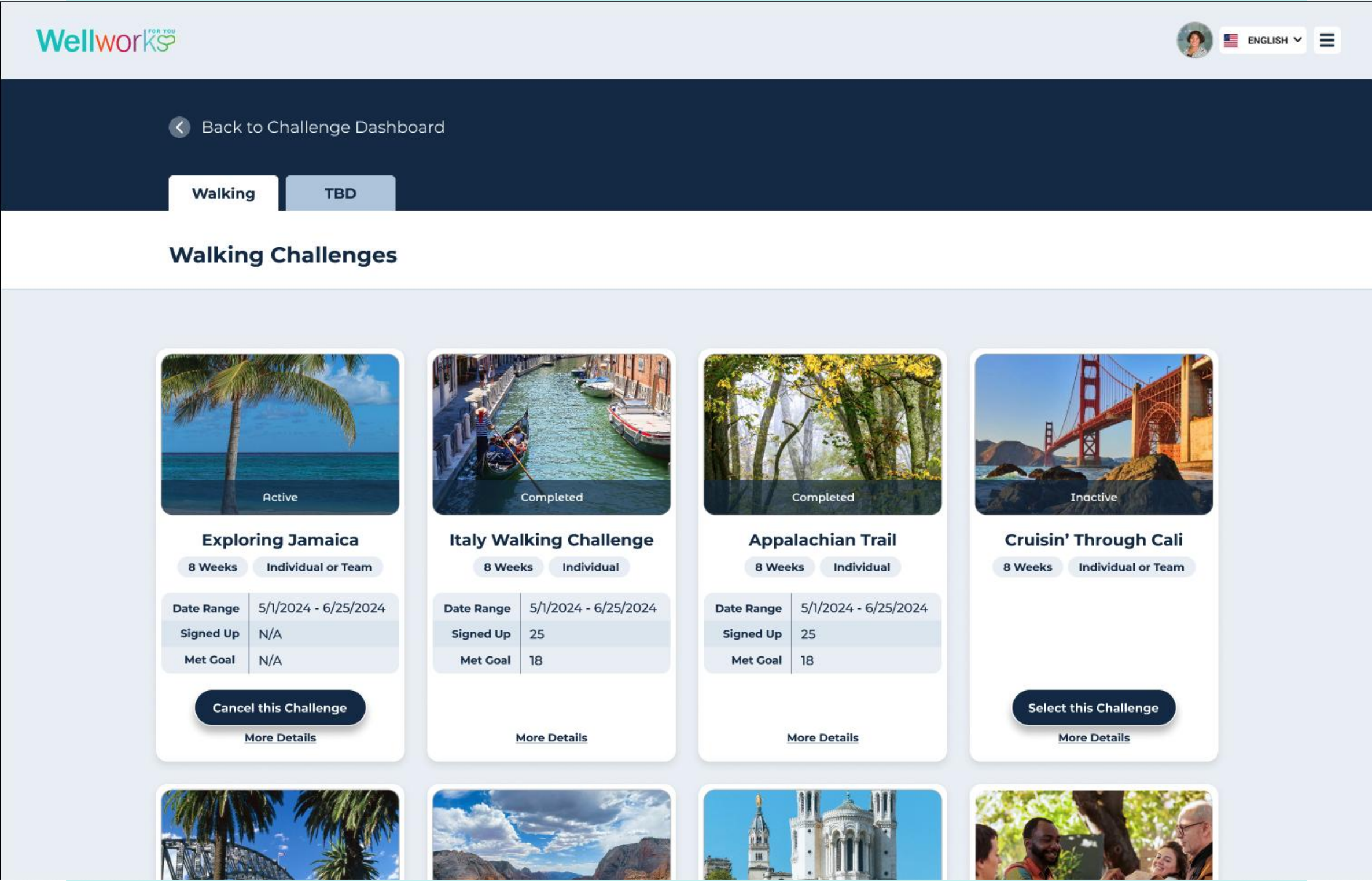
Users can track and view steps, active minutes, exercises, sleep, weight, heart rate, blood pressure, glucose, water and nutrition. Data can be synced via device/app or manually input from the mobile app or portal.





# What's Upcoming at Wellworks For You?



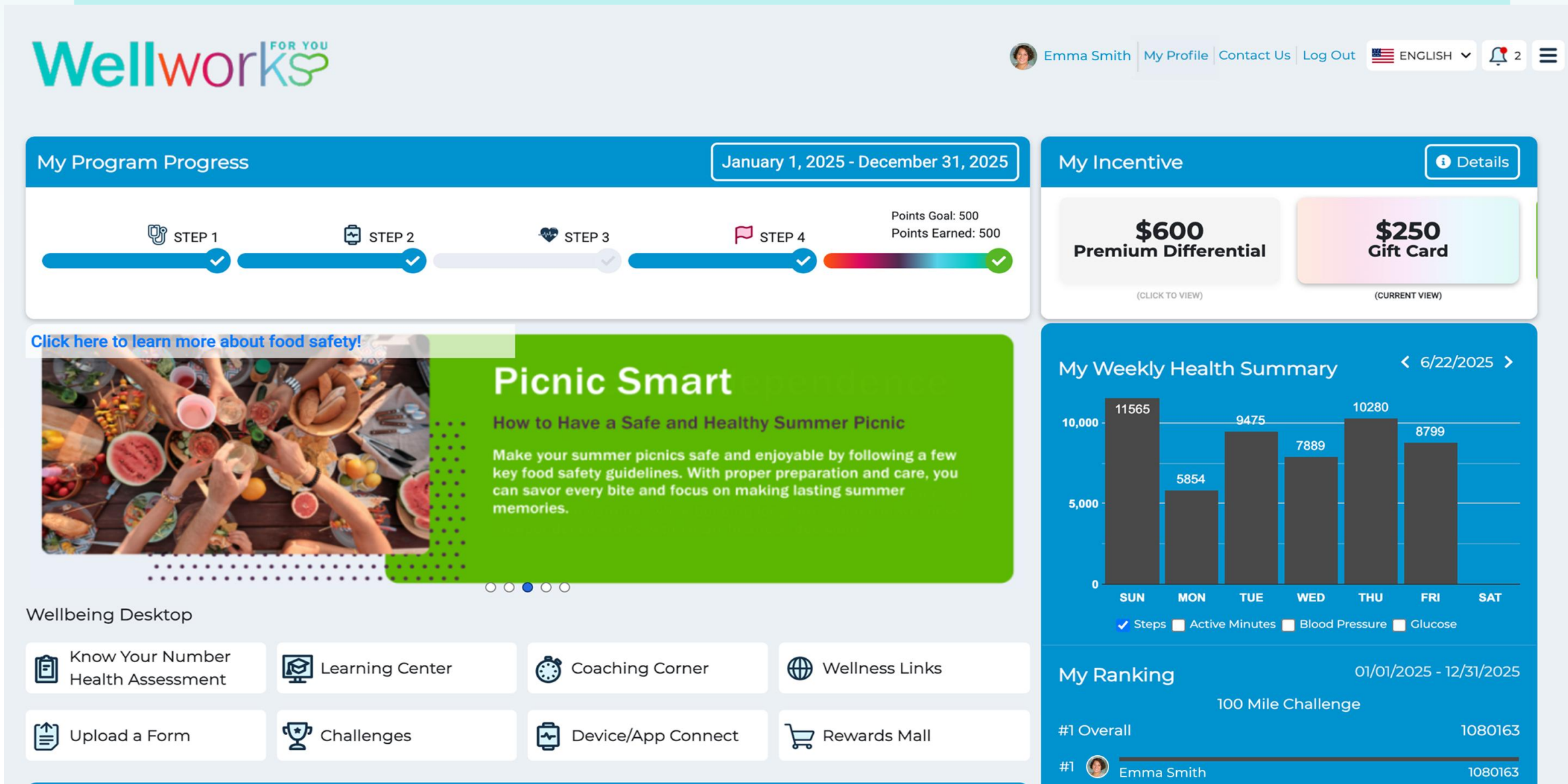


# New Dashboard for Unlimited Walking Challenges

We’re rolling out a new version of our Challenge Dashboard that gives Client Admins the ability to create unlimited templated challenges.

- The first release will include walking challenges, with additional challenge types and enhancements to follow
- Automated notifications and updates will be introduced in a future iteration later in 2025, further streamlining the challenge management process



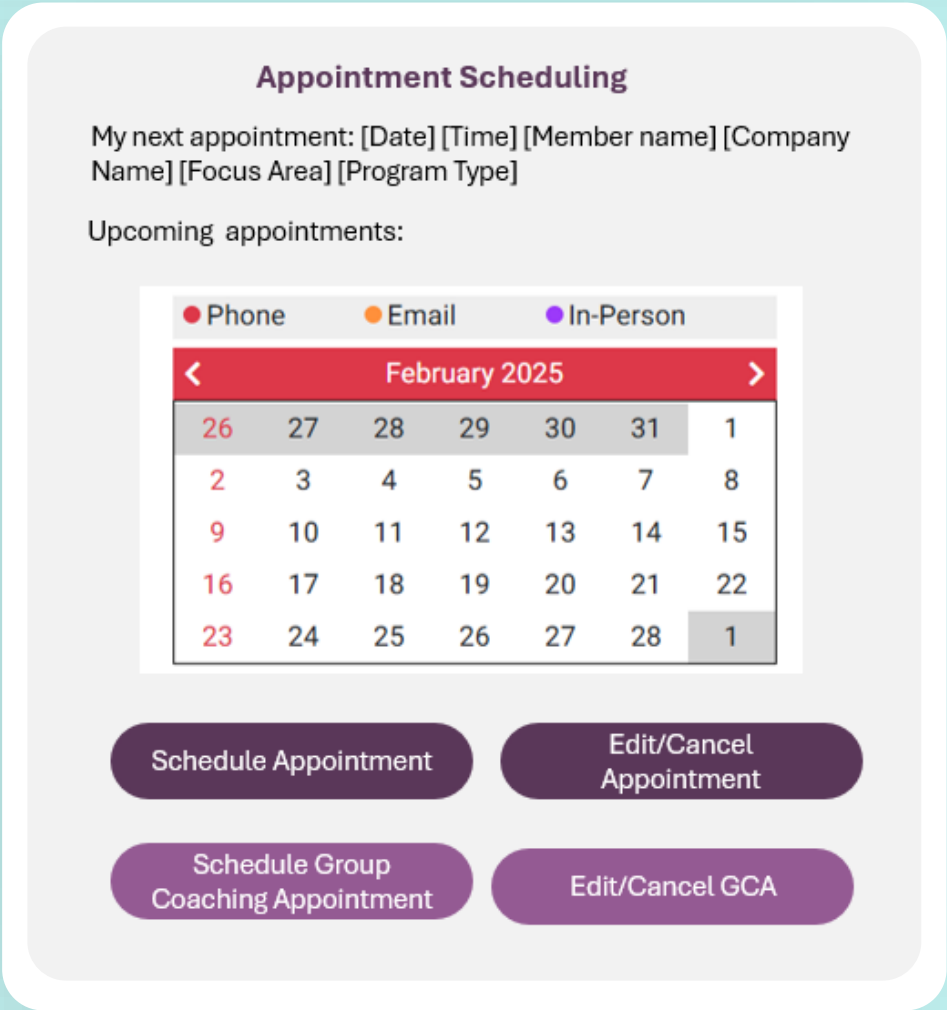
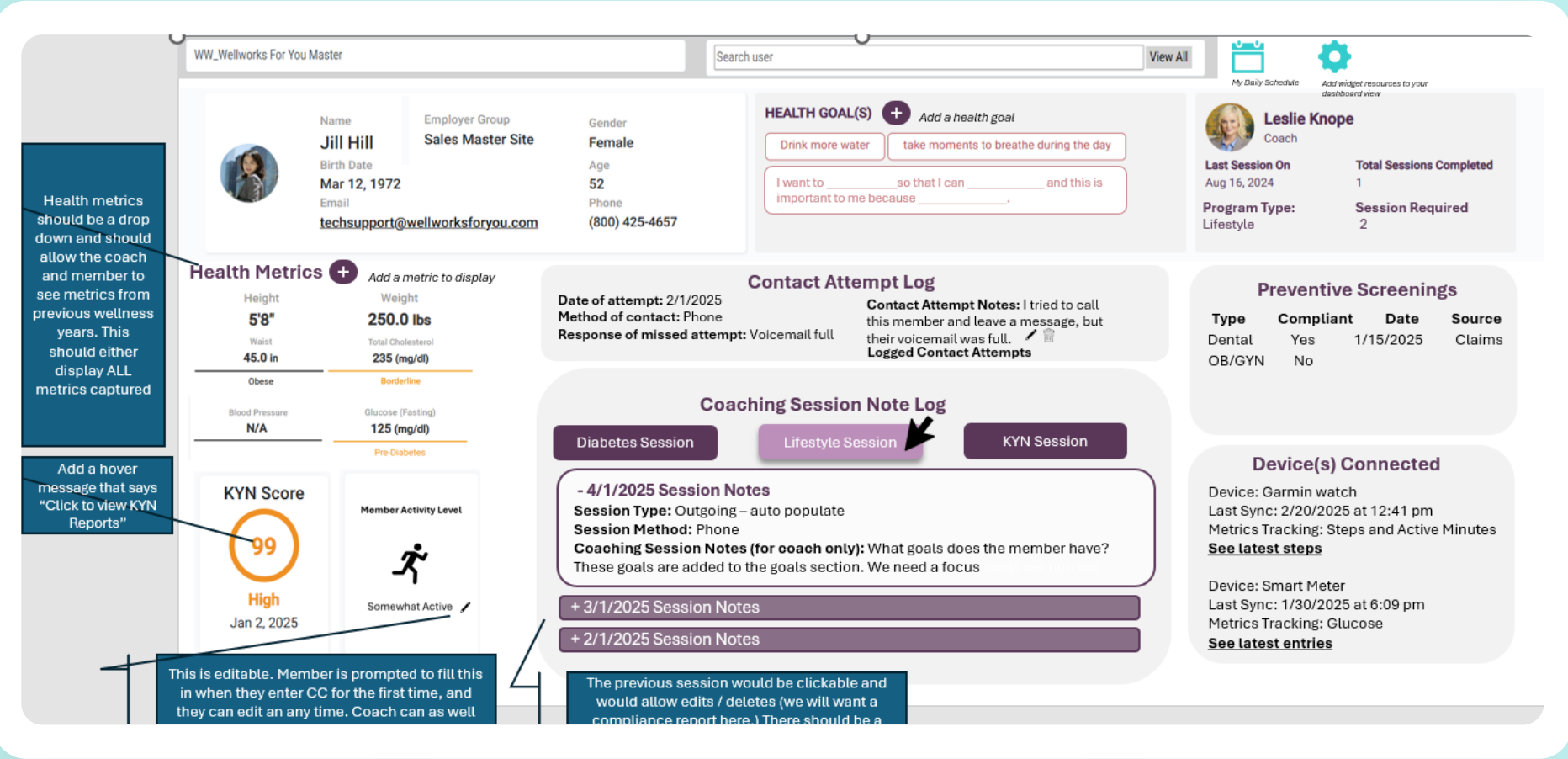


# New Visual Incentive Progress Displays

We’re giving the progress bar in our wellness portal a fresh new look! The updated design will provide participants with a clearer, more intuitive view of their progress. They’ll be able to:

- See what’s needed to earn their incentive
- Track what they’ve completed and what comes next
- View progress towards multiple incentives if your bank offers more than one





## 2025 Future Enhancements

- From within the coaching platform, members will be able to access their coach's availability calendar to set appointments.
- Once an appointment is set, Wellworks will be using an industry standard communication platform to provide video, audio, chat, recordings, transcripts and AI intelligence for all meetings.
- The communications platform will be integrated in the Wellworks portal.
- AI intelligence will include both meeting summaries and AI insight into the effectiveness of the coaching session. Wellworks is committed to embedding AI technology into our platform and additional AI integration is planned for 2026 and beyond.
- The communications hub will also support group coaching and webinars.
- Updates to scheduled meetings will be handled as any other calendar event on the member's/coach's calendars.
- Members will go to a single calendar within the Wellworks portal to manage all their scheduled appointments, events, screenings, etc.



## Contact Your Wellness Team

### Ask a question via email

For any questions about your Wellness Program, reach out to your **Wellworks Customer Support Team** via Contact Us on the Wellness Portal or **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 8:30am ET to 7:00pm ET*) to answer any questions and guide you on a path towards wellness.



Wellworks<sup>FOR YOU</sup>

