

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 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.



2026 WELLNESS PROGRAM Overview



Get Started

Welcome to your 2026 Wellness Program. Medically enrolled employees can reduce their 2027 medical premiums by up to \$360 by successfully completing all program requirements.

Earn Your Incentive

To Avoid a 2027 Medical Premium Surcharge:

Medically enrolled employees must complete the following steps by July 31, 2026:

- **Step 1:** Annual Physical with Lab Work
- **Step 2:** Know Your Number Assessment
- **Step 3:** Tobacco Attestation on the Wellness Portal

To Earn a 2027 Premium Discount:

Complete the requirements by November 30, 2026:

- **Meet 3 out of 5 Healthy Ranges or complete 3 Lockton Nurse Advocate (LNA) Calls**
- **Be tobacco-free or complete 3 LNA Calls plus 6 modules of the Tobacco Cessation Program**

Log in to the Wellness Portal

To track your participation, you must be registered under the NPG 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.

Click “Forgot Username” or “Forgot Password” to recover your login; if needed, utilize the Live Chat feature for assistance.

	EMPLOYEE
Username Format	Your Local Company Email Address
Password Format	Birthdate in MMDDYYYY
Example	UN: john.smith@npgco.com PW: 01051990



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.



REQUIREMENTS

DEADLINE

1

Annual Physical with Biometric Screening

- Schedule an annual physical with your Primary Care Physician (PCP), including a standard lipid blood panel and glucose lab work.
- Download the Physician Results Form from the Forms & Documents section, under the My Programs tab on the portal.
- Bring the form to your appointment and ensure all required metrics are completed.
- Important: All biometric data must be collected between January 1, 2026 and July 31, 2026 to be eligible.
- If you are pregnant and unable to complete a standard biometric screening, please submit the Prenatal Form, also available in the Forms & Documents section.

July 31, 2026

2

Know Your Number Assessment

1. Log in to the Wellness Portal and select "Know Your Number Assessment" from the Homepage.
2. Complete all questionnaire sections, except for the Health Metrics section.
3. You can skip the Health Metrics portion—Wellworks will upload your screening results once you have completed your Annual Physical with Lab Work/Physician Results Form.
4. Once both the questionnaire and health metrics are complete, your full results report will be generated and available on the Know Your Number Assessment page.
5. Your participation will be officially updated at that time.

July 31, 2026

3

Tobacco Attestation on the Wellness Portal

Log in to the Wellness Portal > Go to "**Tobacco Attestation**" under **My Next Steps** on the Homepage > Click **Get Started** > Click **Get Started** again > Select **Confirm Your Participation** > Enter **today's date** > Click **Confirm**

July 31, 2026

Meet 3/5 Healthy Ranges

Healthy Range Criteria:

Blood Pressure: ≤130/85 mmHg | **Fasting Glucose:** ≤100 mg/dL | **HDL:** Men ≥40, Women ≥50 mg/dL
Triglycerides: ≤150 mg/dL | **Waist:** Men ≤40", Women ≤35"

Once your annual physical results are entered, they will be evaluated against the Healthy Ranges above.

If you do not meet at least 3 of the 5, you will need to complete 3 Lockton Nurse Advocate Calls.

Note: You cannot re-submit results if your initial measurements are outside the healthy range.

November 30, 2026

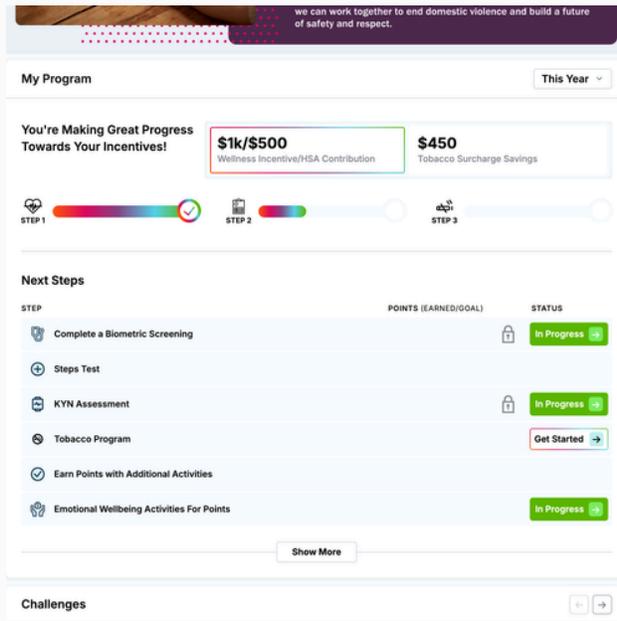
Be Tobacco Free or Complete the Tobacco Cessation Program

- If you are tobacco-free, simply attest your status on the Wellness Portal to complete this activity.
- If you use tobacco, you'll need to complete the Lockton Nurse Advocate Tobacco Cessation Program in order to be eligible for the discount.

November 30, 2026



2026 WELLNESS PROGRAM Progress/New Hires



View Your Incentive Progress

Looking for an overview of your progress to date?

- Log in to view your program status.
- The My Program Progress section outlines completed events and points/dollars accumulated.
- The My Incentive section outlines your incentives and will turn green when you have met your incentive.
- My Next Steps displays each event as Get Started, In Progress, or Completed based on your status.
- Click any event title for more details.

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**

IMPORTANT! New Hire Requirements

Benefit effective prior to May 1, 2026:

Eligible to participate in the wellness program to avoid a premium surcharge and earn a premium discount.

Benefit effective between May 1 and July 31, 2026:

Not subject to a premium surcharge if you do not participate; however, you may still earn the premium discount by participating.

Benefit effective after July 31, 2026:

Not subject to a premium surcharge and not eligible to earn a premium discount for the 2027 plan year.

In accordance with HIPAA confidentiality laws, your individual data is accessible only to you and the third-party vendor, Wellworks For You.



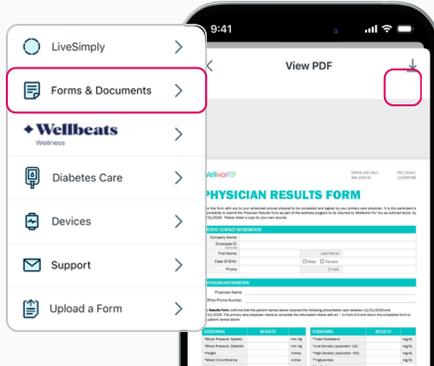
2026 WELLNESS PROGRAM Form Upload

Instructions

Access, download, complete, and submit your program forms and documents in the Wellness Portal or Mobile App.

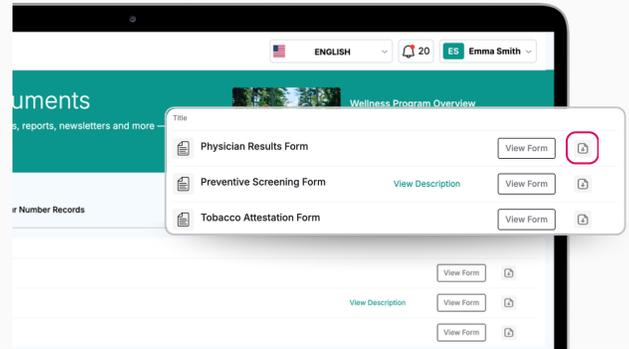
Download via Mobile App

Go to **Forms & Documents** via the menu. Tap the form you need, then tap the download button in the top-right corner.



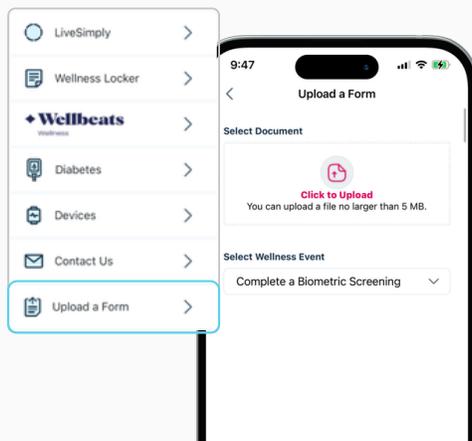
Download from Portal

Go to **Forms & Documents** via the sidebar under My Program. In the row of the form you need, click the download button to download the form.



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 dropdown. 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.

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.



Learning Center

Explore health topics and boost your wellbeing with the e-Learning Series. Watch videos, pass short quizzes, and unlock a new module each week. Finish with the Post-Module Survey!

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.



GET IT ON Google Play



Download on the App Store



Monthly Webinars

Wellworks For You provides monthly webinars on a variety of wellness topics, including mental health and financial wellness. These live sessions are led by industry experts, offering valuable insights and practical tips to support overall wellbeing.

My Health 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 NPG Wellness Program is voluntary and confidential, with incentives available for eligible participants. Your personal health information is protected.

[Read the Fine Print](#)

