

Wellness Worx program Frequently Asked Questions

Who can participate and how?

All benefits eligible employees can participate by getting your annual physical or biometric healthcare screening -both are \$0 cost to you! Employees do not have to be on the company medical plan to participate. Elect the Wellness benefit during open enrollment, then complete the program requirements on the Aduro Wellness Worx site. All participants can participate in the wellness activities to earn gift cards and prizes.

*If you do not currently have an Aduro account, you will need to set that up at boyd.adurolife.com

****Only Spouses, who are on the company medical plan are eligible to participate.**

Am I required to participate if I am on the Boyd Health Insurance plan?

For both Employees and Spouses to receive their maximum points towards their discount, they must participate in wellness. Simply by getting your biometric healthcare screening and completing your Human Performance Assessment, you will already be eligible to start saving on your monthly premium!

Will I receive a discount if my spouse does not participate?

Spouses and employees on the medical insurance who choose not to participate will earn \$0. Example: If a spouse earns \$120 and the employee does not participate, the Employee earns \$0. That dollar amount is averaged and a \$60 discount is given on the monthly health insurance premium.

Do employees or spouses need to complete Wellness Activities to maintain points?

Each level has a set requirement and reward. Points earned in each level roll over to the next level to help achieve the total required for that level and that level's reward. The more you participate in your Wellness Worx program, the more rewards you earn!

***If you are required to complete a 6-week path, these are time-locked, and only unlock weekly. Do allow yourself ample time to complete these by the deadline: August 31, 2026.**

Are spouses eligible to earn Tango cards?

Yes, spouses have the same opportunities, requirements and rewards that employees have.

When will I receive my Tango card?

Once you have earned the required points, you will select your gift card then you will receive an email from Tango, to claim your Tango card reward. You must claim the card by August 31, 2026.

How can I screen?

Onsite screenings for employees and spouses are held each year in September/October, or you can schedule a screening at a LabCorp location, on the Aduro site. All biometric healthcare screening results completed between June 1 and November 30, 2025, will be accepted for the Level 1 screening requirements; this includes annual physicals.

What if I am unable to meet the Risk Factor National Standards?

If you are medically unable to achieve any of the health outcomes required to earn an incentive, you may be entitled to a reasonable alternative standard consisting of additional wellness-based requirements. You may request information on how to obtain a reasonable alternative standard by contacting support@adurolife.com or by calling **888.857.0166**.

Risk Factors	National Standards
Blood Pressure	<120/<80
Glucose (or A1C)	<100
Total Cholesterol: HDL Ratio	Males <4.5 Females <4.0
Triglycerides	<149
BMI or Waist Circumference	<25 or Males <40" Females <35"

Will Health Coaching and Wellness Activities be offered in 2026?

Yes, virtual Health Coaching and Wellness Activities will continue to be offered to help you achieve your Wellness goals. New in 2026, Aduro Connect Care will offer real-time insights and targeted interventions based on your own unique health data, for participants living with or at risk for chronic health conditions.

Who will know my results?

Aduro follows all HIPAA guidelines to protect your private health information. This includes all health assessment, screening results and any information shared during coaching. Your private health information will be kept private between you and your health coach. None of your information can be provided to any other parties including your spouse.

How do I contact Aduro if I need assistance or have questions?

If you have questions or need assistance with the Aduro Wellness Worx platform, please contact Aduro at support@adurolife.com or **888.857.0166**. If you have questions about your benefits, please contact the Benefits Team at benefits@boydcatt.com.

