



## 2026 My Health and Wellness Program

### Get Rewarded for Engaging in Your Health and Wellness

We have enhanced our wellness program to provide you with a more streamlined wellness experience and give you more opportunities to get rewarded for participating in health and well-being activities.

### How It Works:

In 2026, you will be able to earn points for engaging in health and wellness activities. Each point you earn is worth \$1, with the chance to earn up to 550 points or \$550 throughout the year!\*\*\* Best of all, you can redeem points every month.

We know the relationship you have with your Primary Care Provider (PCP)\* is important, and they are an essential partner to help you navigate your health. To redeem any of your earned points, you will need to visit your PCP for your annual wellness exam, including lab work (fasting glucose and lipid panel) and your biometric screening (height, weight and waist measurement), and complete your Know Your Number Assessment.\* You will still have access to the Healthy Lives Program to earn points for one-on-one coaching sessions and participating in wellness challenges.

### Here's how to start earning and redeeming points:

1. Complete your Know Your Number Assessment on the Healthy Lives portal\*\*
2. Visit your PCP for a wellness exam, which will include a biometric screening and routine labs\*
3. Engage in activities that help you achieve your goals and earn more points

### 2026 Wellness Categories Eligible for Points

Physical Well-being	150 Maximum Points
Social, Emotional & Spiritual Well-being	100 Maximum Points
Financial Well-being	100 Maximum Points
Professional Well-being	100 Maximum Points
Community Well-being	100 Maximum Points

**Total = 550 Maximum Points\*\*\***

FMOL Health is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all team members. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 1 (855) I AM HEALTHY (426-4325), and we will work with you (and, if you wish, your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

\* Primary Care Provider (PCP) includes one of the following: primary care physician, nurse practitioner or physician assistant (family practitioner, internal medicine specialist, geriatrician, pediatrician or general practitioner).

\*\* Required to be eligible to redeem earned points

\*\*\* Maximum annual health and wellness rewards are prorated based on employment status: Full-time 100%, part-time 50%, and PRN 25%. To receive the points, the team member must be actively employed on the date the points are approved for redemption (end of each quarter). Redemption of rewards is subject to state and federal taxes.

