



Wellness Program

Through Wellworks for You, Empire Marketing Strategies offers a wellness program that associates are encouraged to participate in. All medically enrolled associates and covered spouses can earn an annual premium discount by completing the following steps of the wellness incentive program. Premium discounts will be applied to 2026 medical deductions in payroll. Please note that if you are enrolled in the medical benefits and do not complete the wellness activities your premium for the 2026 medical plan year will be affected. However, **if you are hired after April 1, 2026**, you do not have to participate in the wellness program and will not be subject to the surcharge.

- The 2026 surcharge for not completing your annual physical exam is **\$25 weekly, or \$100 a month**.
- The 2026 surcharge for tobacco/nicotine users who do not complete the program is **\$20.83 weekly, or \$83.33 a month**.

The wellness program has 3 components:

Annual physical exam

Complete an Annual Physical Exam with your Primary Care Physician (PCP) to earn credit for this step. Submit the **Proof of Annual Visit Form** or an **Explanation of Benefits (EOB)** by September 4, 2026. The Proof of Annual Visit Form is located within the **Wellness Locker** linked on the homepage or via the menu page. Exams must take place between **September 6, 2025, and September 4, 2026**.

Tobacco free/cessation program

Certify that you are tobacco free or complete the tobacco cessation program, if applicable, to receive credit
Non-Tobacco Users: If you certify that you do not use tobacco, you will fulfill this step by verifying you are tobacco free on the wellness portal. Under **‘My Next Steps’**, select **‘Step 2: Tobacco Free/Tobacco Cessation Program’**. Select **‘Verified Tobacco Free’** and **‘Confirm Your Participation’** to enter your completion date.
Tobacco Users: If you use tobacco, you may complete **Your Guide to Going Tobacco Free e-Learning Series with Health Coaching** under the **Learning Center** on the Wellness Portal to complete Step 2. You must begin by **July 14, 2026** to complete the six week series by **September 4, 2026**. Begin by completing the **Pre-Module Survey**. Watch each week’s video and complete the corresponding quiz. If you do not pass (70% score or higher) you must wait 24 hours before taking the quiz again. After successfully completing each quiz, wait **one week** before proceeding to the next module. After the final module, you must complete and submit the Post-Module Survey. You will be required to complete one health coaching session after each module for a total of **6** health coaching sessions.

Preventive screening challenge

Empire will offer prizes for the top **ten** highest participating divisions. All medically enrolled Empire associates and spouses will be eligible for the competition. Complete a dental exam, vision exam, colonoscopy, mammogram, pap smear, or prostate exam and take the Preventive Screening Form with you to your scheduled doctor’s visit to be completed and signed by the attending physician. Preventive care must occur between **September 6, 2025 and September 4, 2026**. It is the participant’s responsibility to submit the Preventive Screening Form or an Explanation of Benefits (EOB) as part of the Preventive Screening Challenge to be returned to Wellworks For You.



Wellness Program

Your account has already been generated for you. You do not need to create an account. Please follow the steps below to log into your Wellworks For You account. In accordance with HIPAA confidentiality laws, your individual data is accessible only to you and the third-party vendor, Wellworks For You.

Log into the wellness portal

1. Go to www.wellworksforyoulogin.com
2. Your username will be:
 - Associate: company email address (example: johnsmith@empirefoods.com)
 - Spouse: EMS_First initial + Last Name + Last 4 of SSN (example: EMS_JSmith1234)
3. Your temporary password* will be: Date of Birth in MMDDYYYY Format (includes leading zeroes; no spaces, dashes, slashes, or other punctuation)
4. Accept the terms of the consent form
5. Fill in the required information

*Please note: the temporary password is only for the first time you access the Wellness Portal and you will be prompted to change it upon entry. If you have accessed the Wellness Portal in the past, you should continue to use your existing password.

Forgot your username or password?

1. Go to www.wellworksforyoulogin.com
2. Click the link Forgot Username or Forgot Password
3. Follow the instructions to retrieve your username or reset your password
4. If issues persist, please contact Wellworks For You at 800-425-4657

Download the Wellworks for you smartphone app today!

The Wellworks For You Portal App includes all of your favorite features from the Portal including programs and event listings, Results/Now incentive tracking, and more! Simply search for Wellworks For You in the Play Store or App Store to download the free app.

