



Welcome to your all-new 2026 Total Health wellbeing program!

Join Your Program

Ready to get started?

Sign up today to take your first steps toward better wellbeing.

Key Dates

Program year:

June 01 – October 31, 2026

Deadline:

Complete your activities by **October 31, 2026**.

Your Rewards

Earn a \$400 medical premium credit. Spouses can earn an additional \$400, for a total of \$800 per family.

Get Started

Step 1:

Go to fosterfarmswellness.com.

Step 2:

Enter your Unique ID (Employee ID for employees; first name, last name, and spouse's employee ID followed by "s" for spouses).

Step 3:

Enable multi-factor authentication (MFA). Instructions are available on the portal after you log in.

Your program: Purpose & Benefits

Foster Farms Wellness helps you and your family reach new goals for health and wellbeing. This program is a core part of your benefits package, working alongside your healthcare to support preventive care and healthy habits.

How to Participate

Eligibility

Full-time benefit-eligible employees and spouses (if applicable) currently covered on a Foster Farms health plan.

How to complete your program

Standard Participants:

Earn at least 100 points by completing:

- Total Health Survey – **Required**
- Annual Physical – **Required**
- Additional 20 points

New Hires (hired on or after July 01, 2026):

Earn 60 points by completing:

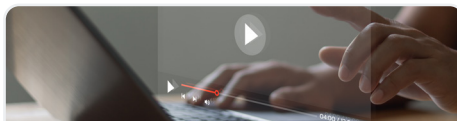
- Total Health Survey – **Required**
- Additional 20 points

If enrolling your spouse in the health plan, they can participate once enrolled.

Download App



Download the Navigate Wellbeing app for a convenient way to track your activities.



New! Video Learning Courses:

Explore our new 2026 video courses on nutrition, fitness, financial wellbeing, and stress management.



New! Personal Challenges:

Set and reach your health goals at your own pace with this new feature.

Your Program Checklist

Getting Started

- Log in to your portal
- Complete your survey
- Download the mobile app
- Sync your fitness tracker or app

Explore Features

- Watch video courses
- Join a personal challenge
- Track your progress on the dashboard
- Check out resources like articles and recipes
- Learn how to earn wellness incentives



Wellbeing Results Review

Completing the Wellbeing Survey is the first step towards understanding your wellbeing. In this session, you will meet with a Nationally Certified Health and Wellness Coach who will help you interpret and act on your results and reflect on areas of success or improvement.

To get started with Coaching, log into your Wellbeing portal and visit the Coaching page to register.



Condition Management Program

Gain the tools you need to manage your risk factors and maintain your results long-term. Together with your Clinical Pharmacist Coach and certified Health Coach team, you'll develop a personalized plan that helps you achieve your personal vision of wellbeing through healthy condition management and lifestyle changes.

To get started with Coaching, log into your Wellbeing portal and visit the Coaching page to register.

Make the most of your wellbeing program and take control of your journey today!

Here's what you can expect:

- Access tools and resources anytime, anywhere.
- Get personalized challenges and courses for your goals.
- Track your progress with simple tools.
- Discover expert tips, recipes, and guides.
- Achieve your goals.

Visit your wellbeing platform now and start living healthier, happier, and more balanced today!

Questions? Contact:

info@navigatewell.com
(888) 282-0822



Find Local Assistance:

Quickly find local help and resources when you need support the most!



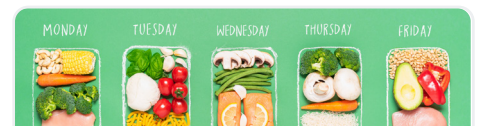
Workouts:

Access dynamic workouts that challenge and motivate you to reach your fitness goals!



Social Wall:

Connect, share, and celebrate your journey with a supportive community at your fingertips!



Meal Planner:

Simplify healthy eating with a customizable meal planner designed to fit your lifestyle!

