



Well4Life



## Frequently Asked Questions & Answers

### **Q1. What is the Well4Life Program?**

A1. The Well4Life program is a voluntary wellness program designed to help you understand your overall well-being. The program provides you with a variety of tools and resources to assist you in making lasting changes toward a more optimal lifestyle. By participating in the program, you have the opportunity to earn wellness credits based on the activities you choose to complete. The wellness credits earned will be used to offset a portion of the annual cost of your medical coverage starting January 1, 2027.

### **Q2. Who is eligible to participate in the program?**

A2. All employees and spouses enrolled in a Graham Packaging group medical plan.

### **Q3. I just enrolled in a GPC medical plan, am I eligible to participate?**

A3. Yes, as long as you are enrolled in a GPC medical plan by August 31, 2026, you are eligible to participate. In fact, you also have the opportunity to earn wellness credits for the rest of the current plan year by completing both a biometric screening and a Health Risk Assessment within 60 days of the date you enroll in a medical plan. You will receive \$11.05 per week in wellness credits for the remaining pay periods of the current year. To earn credits for the new year, you must complete the program requirements.

If you enroll in a GPC medical plan between September 1, 2026 and December 31, 2026, you are not able to earn wellness credits for the current year, but you will have the opportunity to participate in the Well4Life program beginning January 1, 2027. Just complete both a Health Risk Assessment and a biometric screening between January 1, 2027 and March 2, 2027 in order to begin receiving the credits. The credits will begin as soon as administratively possible in 2027.

### **Q4. How do I learn more about the program?**

A4. There are multiple resources available to help you understand the program. After you log in to the Well4Life portal, you can access the Program Overview document and Well4Life video that provide more information about the program. This information can be found in the scrolling carousel at the top of the homepage. Information about the program can also be found at [www.gpcbenefits.com](http://www.gpcbenefits.com) under the Well4Life tab.

## Q5. Do I need to complete all the activities listed under each Well-Being Pillar to earn wellness credits?

A5. No. The Well4Life program is designed to provide you with choices and options to tailor the program to your individual wellness needs now and in the future. Just select the activities that are the best fit for you. As you complete each activity you will earn the assigned wellness credits.

**Minimum required wellness credit:** You will not start earning wellness credits until you have achieved \$500 in credits. You then can earn between \$525 and a max of \$900 credits once you have achieved \$500 credits. You have the option to earn up to the \$900 maximum in just the Physical Well-being Pillar. There are also \$150 wellness credits available in each of the Financial, Emotional, and Social wellness pillars if you are interested in making those activities part of your personal wellness program. You may complete any number of activities within each of the four pillars, but \$900 is the maximum amount you can earn across all activities.

## Q6. What do I need to do to get started?

A6. Go to [assethealth.com/grahampackaging](http://assethealth.com/grahampackaging).

Login:

**Username:** first initial + last name + last four digits of SSN

Example: Tom Smith 240-04-3369 – username: tsmith3369 (not case sensitive)

**Password:** date of birth (mmddyyyy)

Example 04/12/1990 – password: 04121990

You will be asked to change your username and password after logging in.

## Q7. How does my spouse participate in the program?

A7. Your spouse will need to set up their own account in the Asset Health wellness portal. The steps for getting started are the same as the steps you take but they will use their own credentials.

## Q8. What if I have issues logging in with my username and password?

A8. Verify that the date of birth is correct in the system by logging into your benefits account at the Graham Benefits Portal. Follow these steps:

- Go to [www.gpcbenefits.com](http://www.gpcbenefits.com) and enter your site password.
- Click the link “**Graham Benefits Portal**” (benefits enrollment system) in the top right corner of the page and log in to the benefits system.
- Click on “**Main Menu**” then “**My Profile**” and confirm your date of birth is correct. If it is not correct you need to notify your locations’ Human Resource representative to have corrections made in SuccessFactors. It may take up to 10 business days until you can attempt to log in to the wellness portal again, so it is important you allow enough time to verify this information.
- If your spouse is enrolled, scroll down on the My Profile page on the Graham Benefits Portal and check the “**dependent**” tab to verify their date of birth is correct.
  - If your spouse’s date of birth is not correct call the Graham Benefits Center at **877-878-9898** to make a correction.

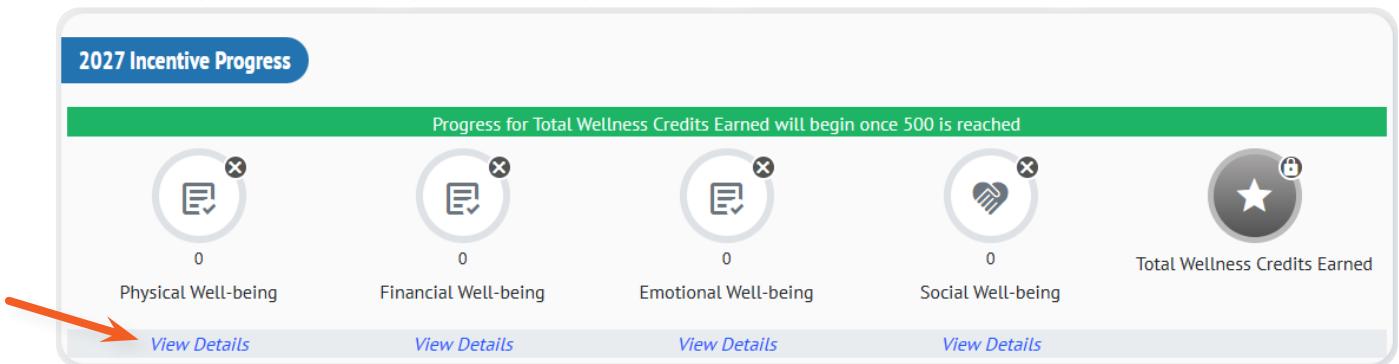
## Q9. How do I know what activities I need to complete to earn wellness credits?

A9. Log in to the Asset Health portal and on the homepage, scroll down to the “**Pillars of Well-being**” section. Click “**Learn more**” under each pillar to see what activities are available to earn credits.



## Q10. How do I know what activities I completed so far?

A10. Log in to the Asset Health portal. On the homepage, scroll down to the Incentive Progress box. The Total Wellness Credits Earned icon will show you how many credits you have earned so far. Click on "View Details" under each pillar to see what you have completed.



## Q11. Will I receive wellness credits for a biometric screening I had prior to the start of the program?

A11. Yes, you will receive credit for biometric screenings, preventive exams, and vaccinations completed after November 1, 2025. However, if you completed these activities prior to November 1, 2025, they will not count for credit in 2026, and you will need to repeat them between January 1, 2026, and October 31, 2026 to obtain credit.

## Q12. I received an email from support@assethealth.com, noreply@assethealth.com, donotreply@assethealth.com or noreply@assethealth.com, are these legitimate emails?

A12. Yes. These emails are from GPC's wellness partner, Asset Health. They are not spam and are safe to open. You can always contact the support team at Asset Health at **855-444-1255** to confirm.

## Q13. I have a few questions about the Well4Life program; who do I contact?

A13. Talk to your location's HR representative. If they are unable to answer your question, please contact [support@assethealth.com](mailto:support@assethealth.com) or call **855-444-1255**.