

How to Complete Your Three Required Activities Through Wellable

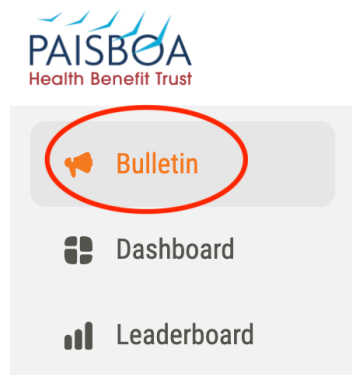
To be eligible to earn **ANY** wellness rewards in the 4th quarter (August 1 – October 31 of each plan year), you must complete and submit the three required activities below. Please note, these activities may be completed at any time during the plan year (November 1 – October 31) but must be submitted by **October 31** to be eligible for any 4th quarter rewards. Even if you earn points for other activities during the 4th quarter, **you will not be eligible to receive any rewards unless all three activities listed below are completed.**

1. Personal Wellness Assessment (PWA)
2. Annual Physical
3. General Lab Work

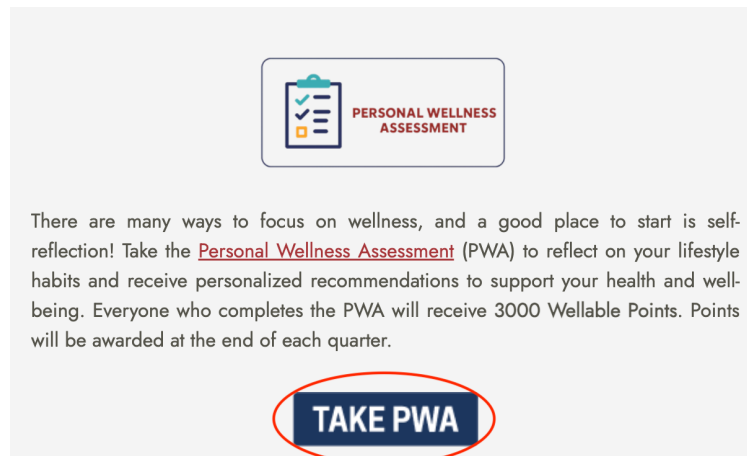
Follow the instructions below to complete and submit each activity in your [Wellable Account](#).

1. Complete your **Personal Wellness Assessment (PWA)**

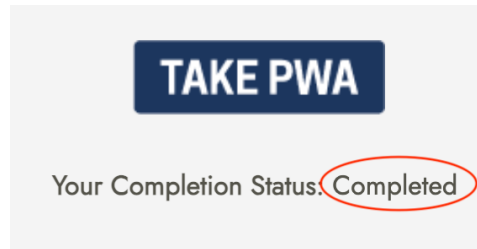
- Log in to your Wellable account at app.wellable.co and navigate to your [Bulletin Board](#)



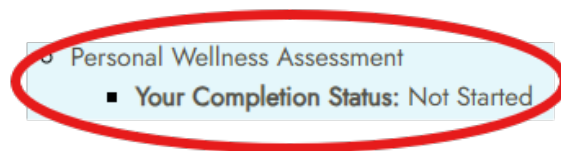
- Scroll to the bottom of your Bulletin Board and select “Take PWA”



- Complete and submit the assessment. Your completion status will show “Completed” once you have met this requirement



- You may also confirm your completion status under the Quarterly Reward Eligibility section on your Bulletin Board.



2. Submit your **Annual Physical**

- Navigate to your Wellable [Bulletin Board](#)
- Scroll to the section “Clinical Events” where you will find the Annual Physical form



CLINICAL EVENTS

Proactively taking care of your health has never been more rewarding! Earn Wellable Points for completing routine preventative check-ups and vaccinations! Securely self-report the completion of an annual physical, two dental exams, a vision exam, receiving an annual flu shot, and receiving a COVID-19 vaccine anytime through October 31, 2026. After completing the two steps below, you will automatically receive Wellable Points.

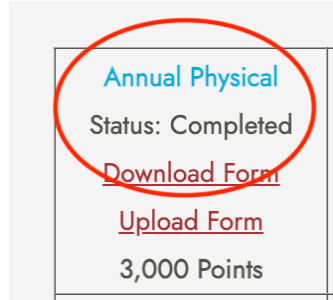
Step 1: Download and complete the associated form. Please be sure to use the forms posted below to ensure you have the latest versions.

Step 2: Upload the completed form to earn Wellable Points.

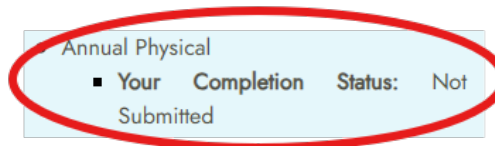
Annual Physical	Dental Exam
Status: Completed	Status: Completed
Download Form Upload Form	Download Form Upload Form
3,000 Points	500 Points

- Once you’ve downloaded and completed the form, you may upload the form

- Your status will show “Completed” once you’ve met this requirement

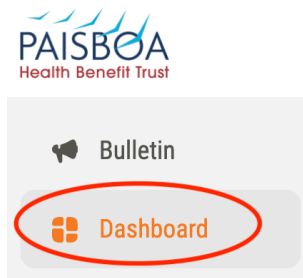


- You may also confirm your completion status under the Quarterly Reward Eligibility section

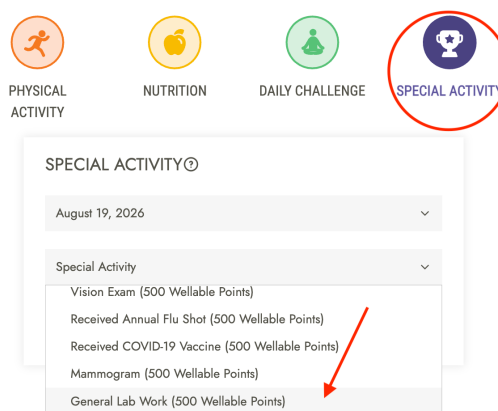


3. Submit your **General Lab Work**

- Navigate to your Wellable [Dashboard](#)



- Go to Special Activity and select General Lab Work. When prompted, enter the verification code **10928**



- To confirm that you've met this requirement, review your [Dashboard](#) to verify that your General Lab Work has been submitted
 - You may also contact [Wellable Support](#) for assistance