

Employee Wellness Program

Program Guide and Important Information

2026 - 2027



www.workingwelltexas.com



Important Program Information

Program Administration and Contact Details

PROGRAM WEBSITE & EMPLOYEE DASHBOARD

www.workingwelltexas.com

Wellness Program Services and Administration Provided by
Working Well, LLC

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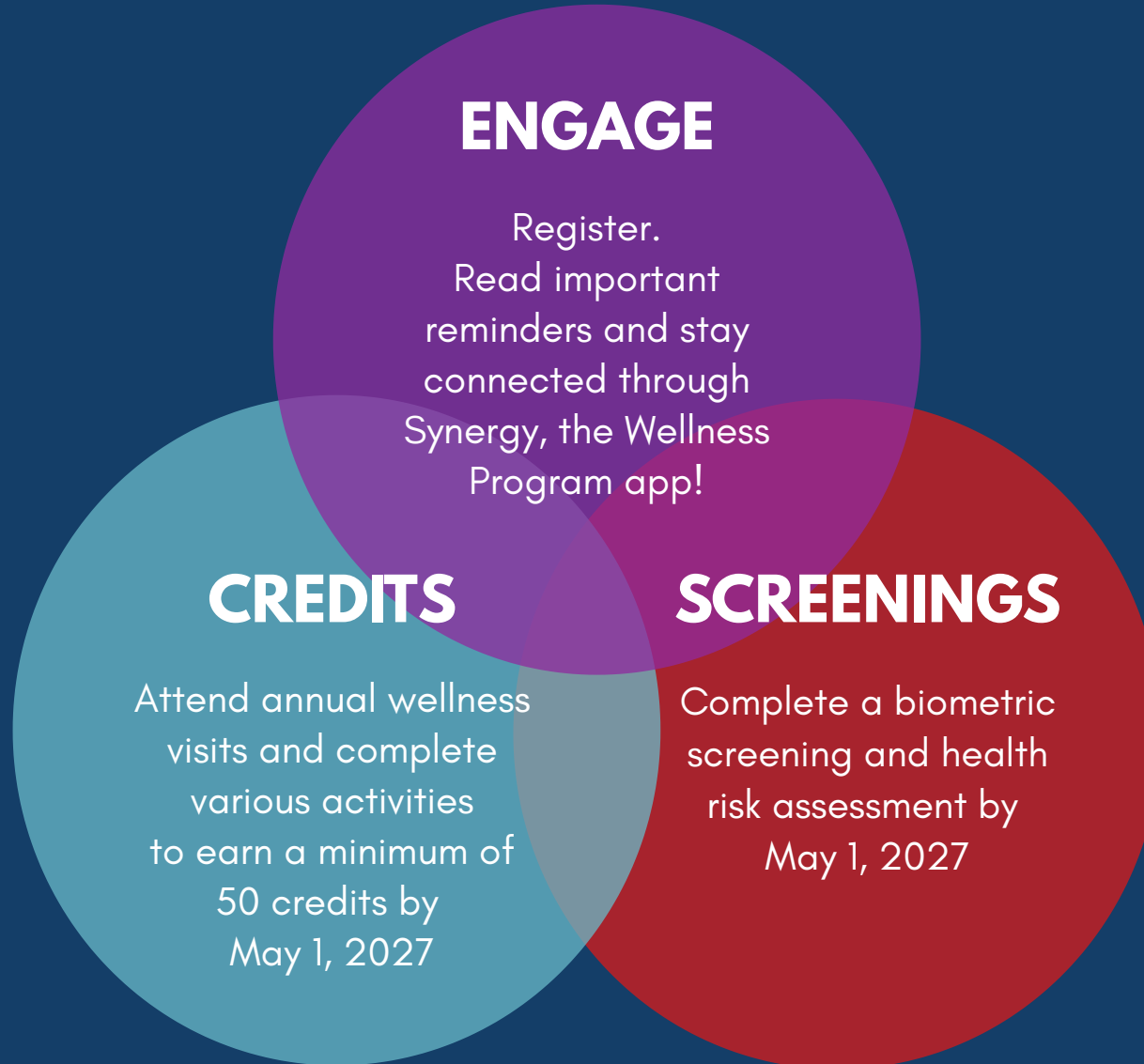
Steps to Success



WELLNESS
PROGRAM
WEBSITE &
DASHBOARD



SYNERGY
WELLNESS
PROGRAM
MOBILE APP



Steps to Success: Step 1

Get Engaged – Stay Engaged

NEW PARTICIPANTS

REGISTER ONLINE

If you are a new employee who has selected the Wellness Insurance Plan, you must register online **WITHIN 90 DAYS** of your hire date.

This requirement confirms your enrollment and provides important information about earning and maintaining Wellness Program eligibility. If you do not register online WITHIN 90 days of your hire date, your eligibility for the Wellness Insurance Incentive will not be applied.

HOW TO REGISTER

Go to www.workingwelltexas.com and select the **Register Here** page from the dashboard menu. Follow the next steps.

Current participants do not need to complete this step.

ALL PARTICIPANTS

STAY ENGAGED

All Wellness Program Participants must meet the same requirements each year to maintain eligibility and receive the monthly incentive.

MAKE A NOTE OF THE YEARLY DEADLINE

The Wellness Program Year is a **12-month** eligibility earning period that **begins on May 2, 2026 and ends on May 1, 2027.**

READ EMAILS, TEXTS & POSTINGS

Read emails, text reminders and bulletin board postings from the Wellness Program. These communications contain important information about events and programs throughout the year.

DOWNLOAD THE SYNERGY APP!

Steps to Success: Step 2

Earning Wellness Credits

REQUIREMENT: 50 WELLNESS CREDITS

(minimum requirement)

Choose from a variety of eligible activities to meet the 50 credit requirement (see menu on the right side of this page).

All activities must be completed within the current 12-month wellness year and must be reported through the program website BEFORE the May 1, 2027 deadline. Activities that are submitted *after* the deadline will not apply to the current year's eligibility total.

Wellness credits are tracked through an automated system and must be submitted by the participant by uploading the details through the dashboard. *Verbal or written submissions will no longer be accepted.*

ELIGIBLE ACTIVITIES FOR CREDIT

	Credit Earned	Max. Credit
Annual Physical Exam (Preventative)	20	20
Bi-annual Dental Cleaning / Exam	10	20
Preventative Screenings*	10	30
Vision Screening / Exam	10	10
Hearing Screening / Exam	10	10
Individual Nutrition Counseling	5	15
Exercise Routine / Gym	5	5
eLearning Courses + Quizzes	5	30
Wellness Workshops & Events	5	20
Community Event (5K, FunRun, etc...)	5	10
Annual / Routine Immunizations	5	10

*Preventative Screenings Include:

Mammogram
Well Woman Exam/Pap Smear
Colonoscopy
Bone Density / DEXA Scan



Steps to Success: Step 3

Complete a Biometric Screening & Health Risk Assessment

BIOMETRIC SCREENING

As a convenience to employees, the Wellness Program provides onsite biometric screening clinics for most jobsites. This service is offered from January – April each year and is pre-scheduled with a variety of dates and times for each location.

Schedules for onsite screening clinics are announced by December 31 each year. While every effort is made to keep this schedule, availability may be subject to change due to weather or other unforeseen circumstances.

Regardless of the employee schedule or Wellness Program onsite availability, **it is the responsibility of the participant to complete this requirement by the May 1, 2027 deadline.**

BIOMETRIC SCREENING

OPTION 1: Read emails and announcements to plan ahead for an onsite screening at your jobsite or other company location (Jan – April).

OPTION 2: You may fulfill the screening requirement at any time during the 12-month wellness year by submitting results from an annual physical. Results must be within the current wellness year and must be uploaded through the [biometric screening page](#) on the wellness program website.

Please note: This is a separate step from submitting a physical exam for wellness credit.

HEALTH RISK ASSESSMENT

This requirement will be completed at the time of your onsite screening (option #1) or after you submit your results online (option #2).

Staying Engaged Online

The Wellness Program at Your Fingertips



WELLNESS PROGRAM WEBSITE

Every tool that you need to stay engaged and eligible for the monthly insurance incentive is available 24/7 through the participant dashboard. Simply visit, click and go!

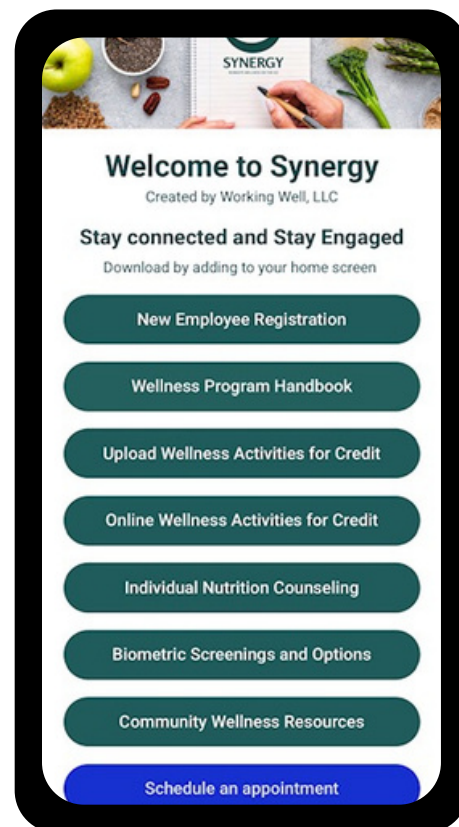
www.workingwelltexas.com



SYNERGY MOBILE APP

Scan the QR code below and download the **Synergy** mobile app for convenient access to upload your activities and stay engaged!

To download, scan the code below and add the app to your homescreen with the  shortcut on your mobile browser.



Wellness Program Events Calendar

MAY 2

MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER
Wellness Year Begins May 2 Open Enrollment Select your health insurance benefits during the open enrollment period through your company Wellness Credits Report eligible activities	In-person Nutrition Counseling Sessions Open In-person sessions open and are available through December. Virtual visits only from January - May. Wellness Credits Report eligible activities	 Wellness Credits Report eligible activities	eLearning Modules are available on the program website starting in Aug. 6 courses will be available and are worth 5 credits each. Wellness Credits Report eligible activities	Wellness Workshops Workshop #1 will be offered onsite where available. All workshops are also available for credit on the program website. Wellness Credits Report eligible activities	Flu Shot Clinic Flu Shots will be available at eligible locations. Dates and times for this event will be announced via email. Open to all employees. Wellness Credits Report eligible activities
NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL
Wellness Workshops Workshop #2 will be offered onsite where available. All workshops are also available for credit on the program website. Wellness Credits Report eligible activities	Annual Wellness Newsletter Helpful tips to keep you healthy and engaged. Onsite Biometric Screening Schedule Published Wellness Credits Report eligible activities	Onsite Biometric Screenings at Ridglea Nutrition Counseling moves to virtual session only All sessions are virtual until June. Wellness Credits Report eligible activities	Onsite Biometric Screenings at FWWY YARDS* Wellness Credits Report eligible activities	Onsite Biometric Screenings QUORUM, Intl. Wellness Credits Report eligible activities	Wellness Year ENDS at 11:59pm on May 1 Wellness Credits Report eligible activities

MAY 1

DATE	ACTIVITY	CREDITS	SUMBITTED	DATE SUBMITTED
	ANNUAL PHYSICAL EXAM (1 of 1)	20		
	DENTAL CLEANING EXAM (1 of 2)	20		
	DENTAL CLEANING EXAM (2 of 2)	10		
	MAMMOGRAM (1 of 1)	10		
	WELL WOMAN EXAM / PAP (1 of 2)	10		
	COLONOSCOPY (1 of 1)	10		
	BONE DENSITY / DEXA (1 of 1)	10		
	VISION SCREENING (1 of 1)	10		
	HEARING SCREENING (1 of 1)	10		
	NUTRITION COUNSELING SESSION (1 of 3)	5		
	NUTRITION COUNSELING SESSION (2 of 3)	5		
	NUTRITION COUNSELING SESSION (3 of 3)	5		
	EXERCISE ROUTINE / GYM (1 of 1)	5		
	eLEARNING MODULE #1	5		
	eLEARNING MODULE #2	5		
	eLEARNING MODULE #3	5		
	eLEARNING MODULE #3	5		
	eLEARNING MODULE #5	5		
	eLEARNING MODULE #6	5		
	WELLNESS WORKSHOP #1	5		
	WELLNESS WORKSHOP #2	5		
	COMMUNITY EVENT (1 of 2)	5		
	COMMUNITY EVENT (2 of 2)	5		
	ANNUAL IMMUNIZATION (1 of 2)	5		
	ANNUAL IMMUNIZATION (2 of 2)	5		
	TOTAL CREDITS POSSIBLE	180	DEADLINE TO SUBMIT IS MAY 1, 2027	
	TOTAL CREDITS EARNED			