

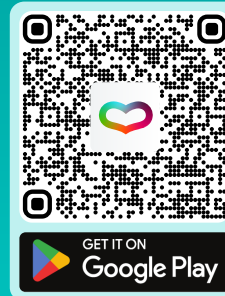


Oak Harbor
FREIGHT LINES
"Bringing Peace of Mind Since 1916"

2025-2026 Wellness Program

Download the Mobile App

Access your Wellness Program information, submit forms, and track your progress — all in one place. Connect with our wellness team and stay on top of your goals, right from the app.



Need Support or Have Questions?

For questions about your Wellness Program, including your status or deadlines, select Contact Us on the Portal homepage or in the Wellworks For You Mobile App.



Need Live Assistance?

Chat Live:
Monday to Friday 6:00 am PT to 2:00 pm PT

Our "Chat Live" feature will give you access to chat with one of our helpful representatives during our regular business hours to answer any questions and guide you on a path towards wellness.

Phone Support:
Monday to Friday 5:30 am PT to 4:00 pm PT

You can also call 800.425.4657 to reach the Wellness Team during our regular business hours.



**Oak Harbor
FREIGHT LINES**
"Bringing Peace of Mind Since 1916"

2025-2026 WELLNESS PROGRAM Requirements

REQUIREMENT

1

Proof of Annual Physical with Bloodwork Form

Complete an annual physical exam and blood work with your Primary Care Physician between **JUNE 1, 2025** and **AUGUST 31, 2026**. Take the **Proof of Annual Physical Form** with you, and ask your Primary Care Physician to complete and sign the form. It is **your responsibility** to return/upload the form by **AUGUST 31, 2026**.

- If you (and your spouse, if enrolled) have received your annual exam and blood work by **OCTOBER 3, 2025**, and **HAVE submitted the OHFL Wellness Incentive Bonus Form to OAKH**, you will automatically be credited in your Wellworks account. You do not need to upload anything additional, except for the Tobacco Attestation Form. See # 2 below.
- If you (and your spouse if enrolled) have received your annual exam and blood work for this time frame and **HAVE NOT submitted the OHFL Wellness Incentive Bonus Form to OAKH**, your Primary Care Physician must complete and sign the Wellworks Proof of Annual Physical Form. Once done, upload it to your Wellworks account.

If you **do not** have a Primary Care Physician, you can find one within the **RGA Network** by going to **www.accessrga.com**. Walk in or minute clinics do not qualify as Primary Care Visit completion.

PLEASE NOTE: The separate OAKH Wellness Incentive Bonus will continue to be paid to eligible Employees, via paychecks, through December 31, 2026. Employees can upload the signed Wellworks Proof of Annual Physical Form in Dayforce to receive the bonus.

2

Tobacco Attestation Form/Cessation Program

All participants are required to complete this form in its entirety and certify that they are a non-tobacco user or are a tobacco user that will complete the Wellworks For You 6-week Tobacco Cessation e-Learning Series.

- If you certify that you do not use tobacco, you will complete Step 2 by completing the Tobacco Attestation Form.
- If you certify that you use tobacco, you must complete the Tobacco Cessation e-Learning Series by **AUGUST 31, 2026** to earn credit for this requirement. Instructions to complete the 6-week e-Learning Series are located on the Tobacco Attestation Form.

3

Submit Your Completed Forms

For submission methods, please refer to page 5 of this guide.

PLEASE NOTE: Submission via Wellness Portal or Wellworks For You Mobile App, will result in an immediate confirmation that your form was received. Any other means of submission requires you to log into your Wellness Portal or Wellworks For You Mobile App to confirm your form was processed.

DEADLINE

AUGUST 31, 2026

AUGUST 31, 2026

AUGUST 31, 2026



Eligibility

All eligible employees and covered spouses, if applicable, who complete steps 1-3 above by **AUGUST 31, 2026**, will receive the Wellness Rate, which is equivalent to our current RGA premium percentages. Those who do not complete, will have an additional percentage added to their RGA premium percentage.

PLEASE NOTE: Receiving the Wellness Rate is contingent upon spousal completion of the program, as well as the employee, if applicable. The program details are outlined in this guide.

IMPORTANT! New Hire Requirements

- Medically enrolled employees and spouses who are benefit eligible **on or before** September 1, 2025, will need to complete the requirements by 8/31/2026 to earn the 2027 Wellness Rate.
- Medically enrolled employees and spouses who are benefit eligible **after** September 1, 2025, will receive the wellness rate in 2027, however, will need to complete the requirements next program year (9/1/2026 - 8/31/2027) to qualify for the 2028 Wellness Rate.

Premium Impact by Plan Type

Plan Type	Completion Status	Premium Impact
<u>Employee Only</u>	Employee completes program	Wellness Rate
	Employee does not complete	Wellness Rate +1%
<u>Employee & Spouse/Family</u>	Both complete program	Wellness Rate
	Only employee completes	Wellness Rate +1%
	Only spouse completes	Wellness Rate +1%
	Neither completes	Wellness Rate +2%



**Oak Harbor
FREIGHT LINES**
"Bringing Peace of Mind Since 1916"

2025-2026 WELLNESS PROGRAM

Portal Login

Log in to the Wellness Portal

To track your participation, both employee and spouse (if insured) must be registered under the Oak Harbor Freight Lines Wellworks Portal. Follow the steps below to log in.

Your account has been created for you.

1. Go to www.wellworksforyoulogin.com
2. Select **Login**
3. Accept the terms of the Consent Form
4. Fill in the required information

	Employee	Spouse
Username Format	OAKH_Employee ID	OAKH_Employee ID + S
Password Format	(Birth year) YYYYLogin	(Birth year) YYYYLogin
Example	UN: OAKH_1234 PW: 1980Login	UN: OAKH_1234S PW: 1982Login



Please Note:

Use the temporary password only for your first login—you'll be prompted to set a new one. If you've logged in before, use your existing password.



In regards to Username Format:

- Please use your employee ID number
- Do not use your badge or AS400 log in number
- If you have a 4 digit employee ID number, do not enter leading zeros.

ex: 004321, should be entered as: 4321

Retrieve Your Password or Username

FORGOT YOUR USERNAME OR PASSWORD?

1. Click the link **Forgot Username** or **Forgot Password**
2. Follow the instructions to retrieve your username or reset your password
3. If issues persist, please contact Wellworks For You at **800.425.4657**

In accordance with HIPAA confidentiality laws, your individual data is accessible only to you and the third-party vendor, Wellworks For You.



**Oak Harbor
FREIGHT LINES**
"Bringing Peace of Mind Since 1916"

2025-2026 WELLNESS PROGRAM Form Upload

Instructions

Find all forms and documents, available to download in the Wellness Locker, accessible from the Portal menu or homepage. Complete and submit directly in the Portal or Mobile App.

AUTOMATIC PARTICIPATION VIA QR CODE:

Our new QR Code technology instantly allows providers to submit results in real-time via a secure QR Code link.
This is available for the Physician Results Form/Proof of Annual Physical Form only, at this time.

Mobile App

AUTOMATICALLY

Wellness Portal

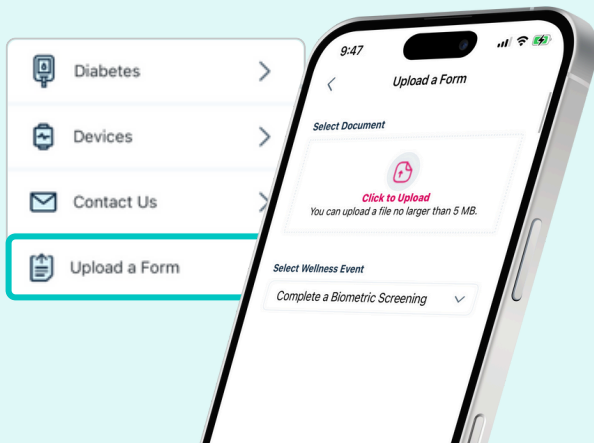
1. Log in to your **Wellworks For You Mobile App** and go to the **Wellness Locker**.
2. Select the **Proof of Annual Physical Form** during your visit.
3. Choose **Complete Form Online** to access the secure QR Code link for your provider.
4. Upon submission, you will receive automatic participation credit.

1. Log in to your **Wellness Portal** and go to the **Wellness Locker**.
2. Print the **Proof of Annual Physical Form** and the QR Code page.
3. Have your provider scan the QR Code from your device to complete the submission.
4. You will receive automatic participation credit upon submission.

MANUALLY

Upload via Mobile App

Take a photo of your form using your smartphone and upload it via the mobile app. Go to the **Upload a Form** tab in the top left menu, select **Click to Upload**, and choose the relevant event from the Select Wellness Event dropdown. Users are limited to **one (1)** file per submission.



Upload to Portal

Click the **Upload a Form** tile from the homepage. Select the event title from the dropdown and upload your form to the portal. Users are limited to **one (1)** file per submission.



Please Note:

Wellworks For You requires 7–10 business days to process submitted forms and update your Wellness Portal. It is your responsibility to submit all required documents, and we recommend keeping a copy for your records.

QR Codes are unique to each participant and may not be shared.