

Good For You!

Well-Being Program

July 1, 2025 - June 30, 2026



Good For You!



American Institute for
Preventive Medicine



The **Good For You!** Well-Being Program was designed to help you live a healthier, happier and more fulfilling life – both at home and at work. We want to help you make healthy living a lifelong habit!

Program Administrator

American Institute for Preventive Medicine (AIPM)

CoreHealthyLife.com/GoodForYou

Call 800-345-2476 and press 4.

Program Plan Year

July 1, 2025 – June 30, 2026

New User Registration Instructions

Visit CoreHealthyLife.com/GoodForYou and click 'Register' to enter the following information:

- Last Name
- Date of Birth
- Last 4 Digits of SSN

You will then be shown your profile page where you will be required to create a username and password. **Each eligible member and spouse must create their own account to participate.**

Returning User Sign-In Instructions

Once you have completed the New User registration process outlined above, you will then enter your username and password and select 'Sign In' to access the **Good For You!** Portal in the future.



Eligibility



All members and covered spouses are eligible to participate in the well-being program, access the **Good For You!** Portal and can earn a monetary incentive for participation.



Resources



Well-Being Portal

- Learn how to earn well-being incentives
- Take the health assessment
- Create and participate in fun buddy challenges
- Review weekly well-being tips
- Interact with friends and co-workers on the social message board
- Track healthy habits and physical activity
- So much more!

Health Education Courses

Self-led education courses on topics like financial well-being and stress management.

HealthyLearn® Library

Thousands of useful and relevant health and wellness articles, videos and self-guided content.

HealthyLife® Thrive

This Mental Resilience coaching program equips participants with practical tools and strategies to manage stress, build emotional strength, and improve overall well-being.

Technical Support

For technical assistance please reach out to support@healthylife.com or call 800-345-2476 and press 4



Earn Incentives



Earn Your Well-Being Incentives

By voluntarily participating in the well-being program, you can earn up to \$600 for the 2025/2026 program year. The deadline to earn well-being incentives is June 30, 2026. The rewards will be distributed following the end of each quarter.



Incentives



Complete the following steps to earn up to \$600 for the 2025/2026 program year.

Step 1

Health Assessment

Go to CoreHealthyLife.com/GoodForYou, login or create an account and complete the Health Assessment.

This will automatically appear the first time that you log in this year. The Health Assessment must be completed in order for you to receive any incentives.

Step 2

Well-Being Activities

Go to CoreHealthyLife.com/GoodForYou, login or create an account and complete any of the well-being activities listed on pages 7-10.

To learn more about how to access your account please view the step-by-step process on page 2.



Activities



| Well-Being Activity | Value | Max Value |
|------------------------------|-------|-----------|
| Biometrics | \$100 | \$100 |
| Preventive Care | \$50 | \$250 |
| Dental Exam | \$25 | \$25 |
| Vision Exam | \$25 | \$25 |
| Self-Reported Healthy Events | \$25 | \$100 |
| HealthyLife® Thrive Program | \$25 | \$125 |

Learn more about each of the activities listed above on pages 8 and 9.



Activities

Continued

Biometrics

\$100

Your annual biometric screening includes a fasting blood draw, blood pressure reading, and measurement of height, weight, and waist circumference.

How to complete this activity:

1. Schedule a "preventive screening visit" or an "annual wellness visit" with standard blood work and biometric measurements.
2. Download and print off your [Preventive Exam Form](#).
3. You may be asked to fast for 8 to 10 hours prior to your appointment.
4. Bring your form to your appointment and have your provider complete it.
5. Upload the completed form to [CoreHealthyLife.com/GoodForYou](#) or fax it to 888-975-5086 by June 30, 2026.

Preventive Exams

\$50 each - \$250 annual max

Depending on age and gender, your provider may recommend various preventive care services.

Accepted services include:

- Annual Preventive Physical or Well Woman Visit
- Cervical Cancer Screening
- Mammogram
- Colon Cancer Screening
- Prostate Cancer Screening
- Flu Shot

How to complete this activity:

1. Schedule the respective service based on your provider's recommendations.
2. Download and print off your [Preventive Exam Form](#).
3. Follow all screening or service prep instructions.
4. Bring your form to your appointment and have your provider complete it.
5. Upload the completed form to [CoreHealthyLife.com/GoodForYou](#) or fax it to 888-975-5086 by June 30, 2026



Activities

Continued

Dental Exam & Vision Exam

\$25 each

Completion of your dental exam and vision exam are each worth \$25.

How to complete this activity:

1. Call your provider and schedule your dental or vision exam.
2. Print off your [Preventive Exam Form](#) and bring it to your appointment to have your provider complete it.
3. Upload the completed form to [CoreHealthyLife.com/GoodForYou](#) or fax it to 888-975-5086 by June 30, 2026.

Self-Reported Healthy Events

\$25 each - \$100 annual max

Commit to a healthier lifestyle simply by partaking in events that contribute to your holistic wellness. After completion, find the Self-Reported Healthy Event item on the Home page of the **Good For You!** Portal to report the date of the activity and self-certify completion by June 30, 2026.

- Report up to 1 event per quarter.
- Examples of healthy events include but are not limited to:
 - Volunteering
 - Participating in a 5K
 - Joining a team fitness event
 - Taking a cooking class

HealthyLife® Thrive Program

\$25 each - \$125 annual max

Within the **Good For You!** Portal, access the HealthyLife® Thrive Program by selecting "Participate" from the top navigation menu. Complete any of the following modules to earn a \$25 incentive per module:

- Welcome to HealthyLife® Thrive
- Mindset & Emotional Flexibility
- Purpose, Values & Directing Your Energy
- Connection & Support
- Lifestyle on the Mind



Additional Activities

In addition to the activities listed on page 7, you can earn additional rewards by completing a variety of activities in the **Good For You!** Portal. Visit www.corehealthylife.com/GoodForYou to explore each opportunity and learn how to participate.

| Well-Being Activity | Value | Max Value |
|--|-------|--------------|
| Online Health Education Courses | \$10 | \$30/quarter |
| Register for a Virtual Workshop | \$10 | \$10 |
| Attend a Virtual Workshop | \$10 | \$40 |
| Register for Waking Up Well | \$10 | \$10 |
| Set a Well-Being Goal | \$5 | \$5 |
| Complete a Well-Being Goal | \$20 | \$20 |
| Non-Tobacco User | \$10 | \$10 |
| Add a Buddy | \$5 | \$25 |
| Log In To Your Account 10 Times | \$5 | \$5 |
| Log In To Your Account 20 Times | \$10 | \$10 |
| Submit a Testimonial | \$5 | \$5 |
| Complete Your Profile | \$5 | \$5 |
| Accept a Buddy Challenge | \$5 | \$60 |
| Create a Buddy Challenge | \$5 | \$60 |
| Complete a Buddy Challenge | \$5 | \$60 |
| Comment on a Message Board | \$5 | \$5/quarter |
| Track Sleep 10 Days/Month | \$5 | \$60 |
| Sleep >7 Hours 20 Nights/Month | \$15 | \$180 |
| Track Mindfulness Moment 10 Days/Month | \$5 | \$60 |
| Track Mindfulness Moment 20 Days/Month | \$10 | \$120 |
| Track Physical Activity 10 Days/Month | \$5 | \$60 |
| Track 10,000 Steps/Day (or Physical Activity Equivalent) for 20 Days/Month | \$5 | \$60 |
| Track Fruit and Vegetable Consumption 10 Days/Month | \$5 | \$60 |
| Track Fruit and Vegetable Consumption 20 Days/Month | \$5 | \$60 |



Workshops



Workshop 1

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Mindful Eating

Date:
August 14, 2025

Time: 12:00pm ET

Overview:
Ever find yourself eating without really tasting your food? This workshop introduces mindful eating — a simple way to slow down, tune in to your body, and truly enjoy your meals.

Workshop 2

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Balanced Thinking

Date:
November 14, 2025

Time: 12:00pm ET

Overview:
It's easy to fall into negative thinking traps, but they can lead to stress and anxiety over time. This workshop offers tools to reframe self-talk and build a more balanced, compassionate mindset.

Workshop 3

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Social Media for Positivity & Connection

Date:
February 12, 2026

Time: 12:00pm ET

Overview:
Social media is often seen as a distraction, but it can also be a powerful way to spread kindness. This workshop offers practical tips to connect, uplift others, and share positivity online.

Workshop 4

▼

Enjoying & Connecting with Local Produce

Date:
May 14, 2026

Time: 12:00pm ET

Overview:
Buying, growing, and sharing local produce is a great way to connect with others. This workshop explores simple ways to build community and enjoy fresh, seasonal food together.



Questions



Who is eligible?

All members and covered spouses are eligible to access the **Good For You!** Portal and to earn well-being incentives.

Why should I participate?

- Be empowered with knowledge of your current health status
- Connect with resources to support a healthy lifestyle
- Earn well-being incentives

Do I have to participate?

No. The program is 100% voluntary.

Do spouses participate?

Yes. Covered spouses are eligible to participate in the well-being incentive program. Both the member & qualified spouse must complete the activities in their own portal account.

Who should I contact if I have questions?

Visit CoreHealthyLife.com/GoodForYou and click the Help menu or call 800.345.2476 and press 4.

Will my personal health information be shared with my employer?

No. Medical information that personally identifies you will not be provided to your supervisors or managers and may never be used to make decisions regarding your employment.

How do I earn my well-being incentive?

Members can earn up to \$600 for the 2025/2026 program year by following the steps below:

Step 1: Complete the Health Assessment by June 15, 2026

Step 2: Complete any variety of the well-being activities by June 30, 2026 to earn rewards.

To learn more, review pages 8-10 or visit the portal.

How do I confirm a well-being requirement is complete/satisfied?

A green check-mark will appear next to the well-being activity on the **Good For You!** Portal, indicating you have satisfied this requirement.

When will I receive my well-being incentives?

Members and covered spouses who choose to participate will receive their rewards earned at the beginning of each quarter.

How do I take the health assessment?

Visit the **Good For You!** Portal and access the health assessment available on the Home page or under the "Participate" tab.

Can I re-take health assessment?

No. Health assessments are only done once per year.

Who is permitted to complete and sign a Preventive Care Form?

Your provider must be an M.D., N.P., P.A. or D.O. to complete and sign the form. If you are filing a medical waiver due to pregnancy, a certified nurse midwife (CNW) is also an approved provider. Please remember that your signature is also required to process the form.

How do I submit my Preventive Care Form?

First, download the [Preventive Care Form](#). Make sure to bring this form with you to your preventive visits on or after July 1. After your provider completes the Preventive Care Form, upload it to CoreHealthyLife.com/GoodForYou or fax it to 888-975-5086 no later than June 30, 2026.

Is the program legal? Can my employer base my premium on my participation and health results?

Yes. AIPM administers the program in compliance with the Affordable Care Act's (ACA) Incentives for Non-Discriminatory Wellness Program in Group Health Plans. Participation is voluntary and all data is protected according to HIPAA and ACA regulations. Please refer to the Disclosure and Privacy notice available on the License page under the Help menu at CoreHealthyLife.com/GoodForYou.



To get started or learn more, visit
CoreHealthyLife.com/GoodForYou
or call 800-345-2476 and press 4.



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