

# 2026 WELLNESS PROGRAM GUIDE



All employees are eligible to participate in APCO Holdings' Wellness Program.

January 18, 2026 - November 30, 2026

***Incentives awarded to those in HSA Plan and PPO plan!***

## REGISTRATION INSTRUCTIONS

Sign up



»»» Log-in to the online wellness platform using your existing username and password or register for an account using the instructions provided below.

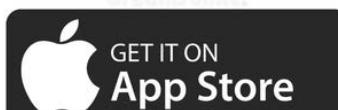


New Users:

- Visit <https://apco.medikeeper.com>
- On the log-in screen, click "or Click Here to Register"
- Complete all registration fields. Be sure to use your full legal name and 8-digit date of birth (MM/DD/YYYY)

*You're encouraged to use your work e-mail address as your username.*

## DOWNLOAD MOBILE APP



# INCENTIVE DETAILS

The Wellness Platform provides a solution to support a healthy lifestyle and manage chronic health conditions in a way that helps reduce out-of-pocket medical expenses. ALL employees are eligible to participate!



## >>> PPO MEDICAL PLAN

Employees enrolled in the PPO plan will earn \$50 in AwardCo funds.

### REQUIRED ACTIVITIES

- Complete the Health Risk Assessment (100 Points)**
- Complete Annual Exam with Primary Care Physician (50 Points)**

*Upload documentation into Incentive Tile for verification.*

## >>> HIGH DEDUCTIBLE MEDICAL PLAN

To qualify for the yearly incentive, employees **must complete activities of choice** to earn points towards their wellness score. Employees who participate and earn up to 500 wellness points will receive up to \$500 HSA contribution for participating in activities and earning points throughout 2026.

### PARTICIPATE TO EARN POINTS AND BE REWARDED: 1 POINT = \$1!

#### ACTIVITIES

- Earn 500 points in 2026 to maximize your HSA contribution**

<b>Health Risk Assessment</b>  100 Points/Screening	<b>Age-Appropriate Preventative Screening(s)</b>  50 Points/Screening	<b>Health Coaching (Telephonic)</b>  50 Points/Session	<b>Self-Paced Coaching Module(s)</b>  50 Points/Module
<b>Self-Paced MicroLearnings</b>  25 Points/Learning	<b>LifeSpeak Mental Health &amp; Resilience Videos</b>  5 Points/Video/WK	<b>Plans for Wellness</b>  25 Points/Plan	<b>Health Designs Webinar</b>  25 Points
<b>Quarterly Virtual Challenge</b>  50 Points/Challenge	<b>Weekly Active Minutes Tracking</b>  5 Points/Week *must average 30 minutes 5 times per week	<b>Weekly Steps Tracking</b>  5 Points/Week *must average 6,000 steps per day	<b>BE ON THE LOOKOUT FOR NEW WAYS TO EARN WELLNESS POINTS THROUGHOUT THE YEAR!</b>
<b>Biometric Screenings</b>  25 Points	<b>Register and Login within 30 days of program launch</b>  15 Points <i>one time only</i>	<b>Mobile App Access</b>  10 Points <i>one time only</i>	

# FREQUENTLY ASKED QUESTIONS

## Q. HOW DO I SUBMIT “PROOF” OF COMPLETION FOR ACTIVITIES THAT REQUIRE DOCUMENT UPLOAD?

**A.** Follow the steps below to submit proof of activity completion.

- Log-in to the online wellness portal
- Click on the “Incentive” tile > View my incentive programs > View Program
- Navigate to the activity line item (ex. Age-Appropriate Preventative Screening) and click the plus sign (+) to expand the activity
- Click “Upload File” for the appropriate activity (ex. Annual Physical) and follow the prompts to complete document upload

Once your document has been submitted, allow 3-5 business days for your submission to be approved. You will receive a portal notification to advise that your submission has been approved or denied.

## Q. HOW DO I SELF-SIGN TO VERIFY ACTIVITY COMPLETION?

**A.** Self-sign activities include webinars, workshops and articles read. Follow the steps below to complete the self-sign activity.

- Log-in to the online wellness platform
- Click on the “Incentive” tile > View my incentive programs > View Program
- Navigate to activity line and click the plus sign (+) to expand the activity
- Click “View Occurrences”
- Click “Sign Here” and type your full name and answer question that you’re requesting credit for; click “Submit”

## Q. HOW DO I SIGN-UP FOR HEALTH COACHING?

**A.** You can schedule an onsite coaching appointment by logging into the online wellness platform, clicking on the Health Coaching tile, and selecting the appropriate booking link or visit [healthdesigns.youcanbook.me](http://healthdesigns.youcanbook.me) to select a coach and schedule your appointment.

- A calendar invite and reminder will be sent to the email provided.
- Upon the successful conclusion of the session, points will be automatically linked to the platform incentive tile.



# WHY PARTICIPATE?

## YOUR HEALTH, YOUR FUTURE, OUR COMMUNITY.

Participating in the APCO Holdings' Wellness Program is an investment in yourself, with benefits that extend far beyond just earning points. Here's why engaging in wellness activities is so important:

- **Enhanced Physical Health:** Regular physical activity, healthy eating habits, and mindful self-care contribute to improved energy levels, stronger immune systems, better sleep, and a reduced risk of chronic diseases. By taking proactive steps towards a healthier lifestyle, you'll feel better, perform better, and enjoy a higher quality of life.
- **Improved Mental and Emotional Well-being:** Wellness isn't just about the body; it's also about the mind. Engaging in activities like stress management, mindfulness, and social connection can significantly reduce stress, improve mood, boost resilience, and foster a more positive outlook. A healthy mind contributes to better decision-making, stronger relationships, and increased overall happiness.
- **Increased Productivity and Engagement:** When you feel good, you perform better. Employees who prioritize their well-being often experience increased focus, creativity, and productivity. By participating in this program, you'll be nurturing an environment that supports your ability to thrive both personally and professionally.
- **Stronger Team and Community:** Our collective well-being contributes to a more vibrant and supportive work environment. By engaging in wellness activities together, we can build stronger connections, encourage healthy habits among colleagues, and foster a culture of care and mutual support within the APCO Holdings' family.

