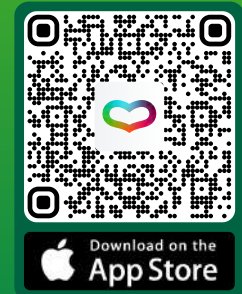
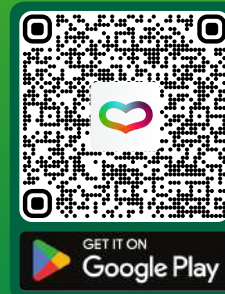


2026 Wellness Program

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 Support on the Portal homepage or in the Wellworks For You Mobile App.



Need Live Assistance?

Chat Live:
Monday to Friday 9:00 am ET to 5:00 pm ET

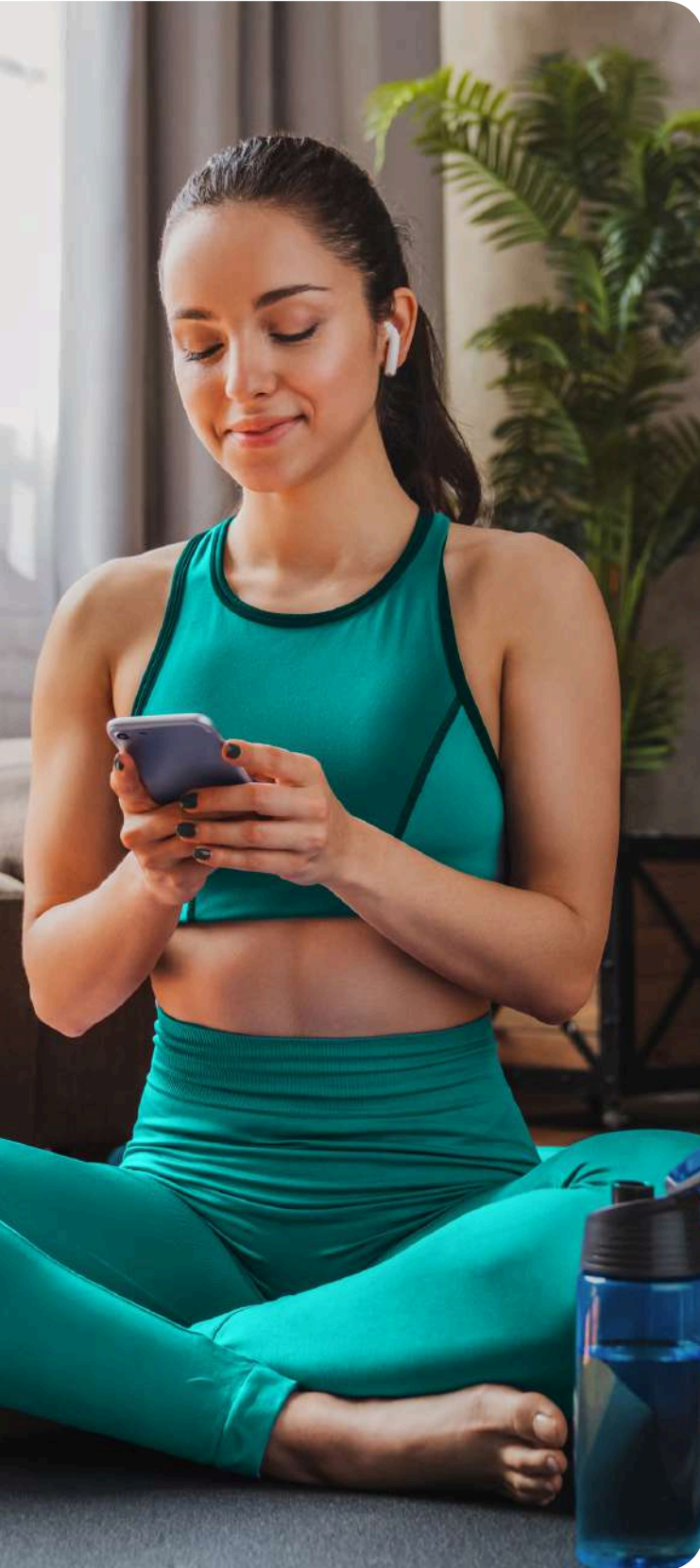
Our "Chat Live" feature will give you access to chat with one of our helpful representatives during our regular business hours to answer any questions and guide you on a path towards wellness.

Phone Support:
Monday to Friday 8:30 am ET to 7:00 pm ET

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



Overview



Get Started

Welcome to your 2026 Wellness Program. Medically enrolled employees and covered spouses may earn a 2026 medical premium discount or an increased HSA contribution by completing Steps 1 and 2.

Earn Your Incentive

Please complete Step 1 and 2 listed below by **SEPTEMBER 30, 2026** to earn the incentive.

Step 1: Complete the Know Your Number Assessment & Self-Report Metrics

Step 2: Complete One (1) Wellness Activity

Log in to the Wellness Portal

To track your participation, you must be registered under The Minnesota Star Tribune 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.

Click “Forgot Username” or “Forgot Password” to recover your login; if needed, utilize the Live Chat feature for assistance.

	Employee	Spouse
Username Format	STR + 7-digit employee ID	STR + spouse's 7-digit employee ID number + sp
Password Format	Birth year + Last 4 of SSN	Birth year + Last 4 of SSN
Example	UN: STR0034567 PW: 19904321	UN: STR0034567sp PW: 19929876

Please Note:



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

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



1

Know Your Number Assessment & Self-Report Metrics

To begin, log in to your Wellness Portal and select “Know Your Number Assessment” from the Homepage under the Wellbeing Desktop.

Please complete all questions, including the Health Metrics section:

- Enter your biometric data from your most recent screening — including height, weight, waist circumference, and blood pressure — in the Health Metrics section.
- The assessment must be completed by September 30, 2026.

Once both the questionnaire and Health Metrics are submitted, your results report will be generated and available under the Results tab of the Know Your Number Assessment. Your participation will also be recorded at that time.

2

Complete One (1) Wellness Activity

Complete this step by participating in one (1) of the eligible wellness activities listed on page 4.

- Submission instructions for each activity can be found on the Wellness Portal, under “My Next Steps” on the Homepage.

Tobacco Cessation Resources (Optional)

Your Guide to Going Tobacco Free - SERIES

This program is designed to help you quit smoking or tobacco use in seven weeks. Each week of the e-Learning Series focuses on new topics that will help you achieve your goal and provide support along the way.

Kickstart a Smoke Free Lifestyle

This session will take you through tips to quit tobacco. This session is 36:28 minutes long.

Living in a Smoke-Free Environment

This session will help you find ways to avoid tobacco. This session is 17:30 minutes long.



Deadline
September 30, 2026





Preventive Exam

Annual Physical, Dental, Vision, OB/GYN, Mammogram, Pap Smear, Prostate Exam, Colonoscopy, Dermatology Visit, OR Flu Vaccine.



One Blood Donation



One Wellness Challenge

2 available per year. Details to be announced.



Community Wellness - 3 hours



Physical Activity Tracking - 4 weeks



Sleep Tracking - 4 weeks



Food Tracking - 4 weeks



One Million Step Challenge



Three Health Coaching Calls



Two Live Simply Meditations



One e-Learning Series



Participate in Dario Health



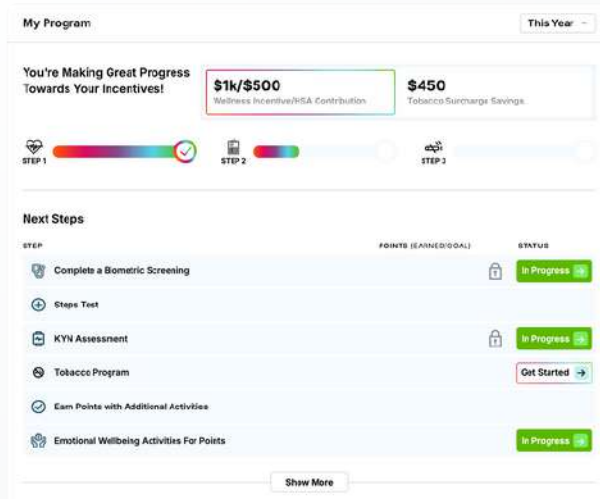
**Log in to your Wellness Portal for details
on how to participate in each activity!**



ELIGIBLE	INCENTIVE
Individual Coverage in Surest Plan	\$300 annual reduction in premium
Dependent Coverage in Surest Plan	\$600 annual reduction in premium
Individual Coverage in PPO Plan	\$300 annual reduction in premium
Dependent Coverage in PPO Plan	\$600 annual reduction in premium
Individual Coverage in HSA Plan	\$300 additional employer HSA contribution
Dependent Coverage in HSA Plan	\$600 additional employer HSA contribution

View Your Incentive Progress

Looking for an overview of your progress to date?



- Log in to view your program status.
- The My Program Progress section outlines completed events and points/dollars accumulated.
- The My Incentive section outlines your incentives and will turn green when you have met your incentive.
- My Next Steps displays each event as Get Started, In Progress, or Completed based on your status.
- Click any event title for more details.
-



Learning Center

Explore health topics and boost your wellbeing with the e-Learning Series. Watch videos, pass short quizzes, and unlock a new module each week. Finish with the Post-Module Survey!

Please Note: Google Chrome is the recommended browser when viewing the Learning Center on the Wellness Portal.



The Fine Print

The Minnesota Star Tribune Wellness Program is voluntary and confidential, with incentives available for eligible participants. Your personal health information is protected.

[Read the Fine Print](#)



Monthly Webinars

Wellworks For You provides monthly webinars on a variety of wellness topics, including mental health and financial wellness. These live sessions are led by industry experts, offering valuable insights and practical tips to support overall wellbeing.

Fitness & Nutrition Dashboard

Our dashboard makes it easy to track fitness, nutrition, and health goals—helping you stay engaged and motivated on your wellness journey.



Health Coaching

Personalized health coaching provides one-on-one support to help you reach wellness goals like weight management, fitness, and stress reduction.