

2024 WellRight Resource Guide

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WellRight is First United’s Wellness Platform for employee health and well-being. This resource is available to all employees and their spouses. **If you are on First United’s medical insurance, you will want to participate in this program to earn incentives for 2025 medical costs.**

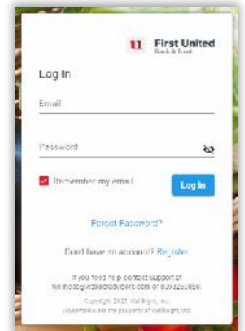
WellRight can be access from your computer's browser or by downloading the WellRight mobile app from the Apple Store or Google Play onto your tablet or smartphone.



PLEASE NOTE: If you have any questions regarding the WellRight wellness program, contact the Webber Advisors Advocacy Team at 1-800-326-9850 or by email at wellness@webberadvisors.com, Monday-Friday, 8am-4pm.

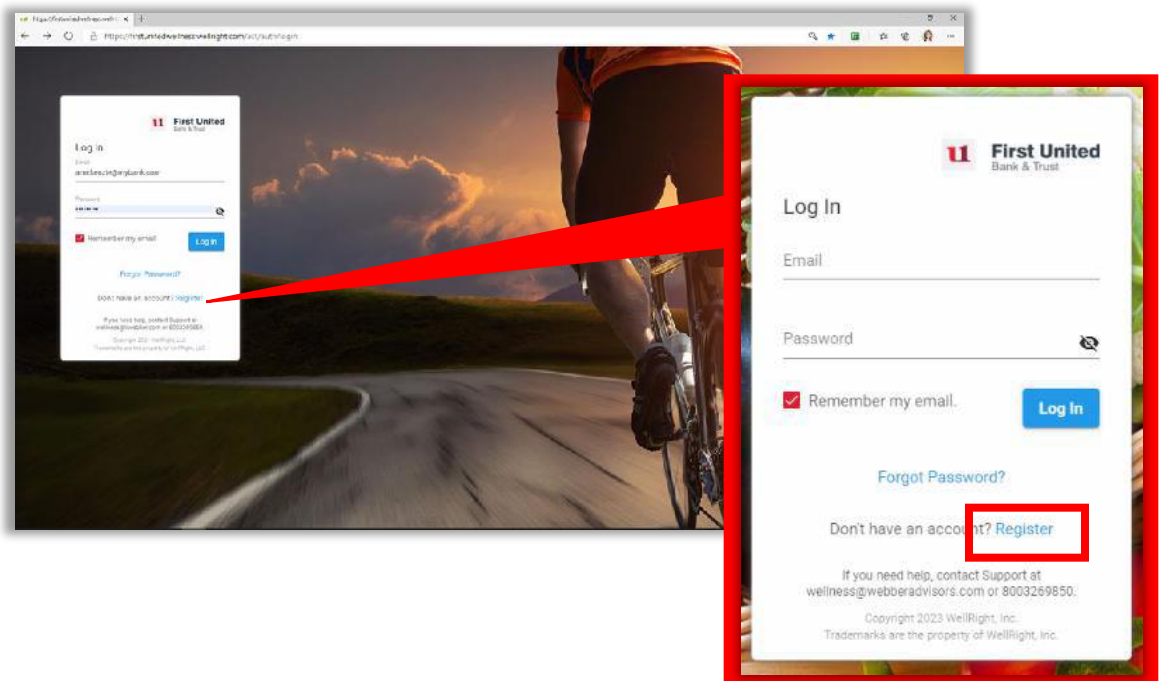
LOGIN INSTRUCTIONS - FOR EMPLOYEES ALREADY REGISTERED ON WELLRIGHT

Visit <https://firstunitedwellness.wellright.com> and enter your email address and password. *Forgot your password?* At the login screen, type in your email address and click **Forgot Password**.



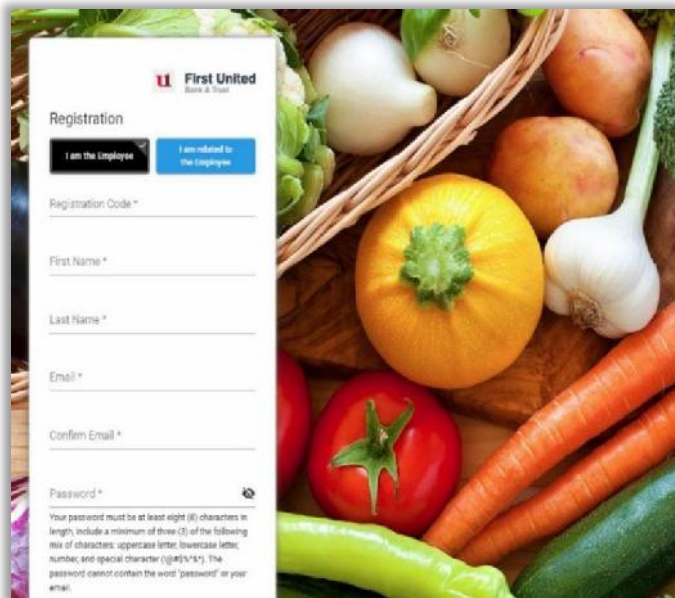
REGISTRATION INSTRUCTIONS - FOR EMPLOYEES NOT YET REGISTERED ON WELLRIGHT

Visit <https://firstunitedwellness.wellright.com> and click on **Register**. **PLEASE NOTE:** If you are registering for the first time through the WellRight app, you will need to enter 'firstunitedwellness' as the company code.



1. Select **I am The Employee** to see the registration fields.
2. Enter your information accordingly, following the guidelines for creating a password. Asterisked fields are required.
 - o **For the registration code, enter mybank1017.**
 - o Unique ID field (for employees) will be your 5-digit clock number - this can be found in **Dayforce** under **Profile & Settings - Work Information**.

PLEASE NOTE: For security purposes, after you have initially registered on the portal, if you log onto the WellRight portal from another computer or different web browser, you will be sent a verification code to the email address you used to register on the portal. When registering, please use an email address that you can easily access regardless of whether you are at work, at home, or on the go.

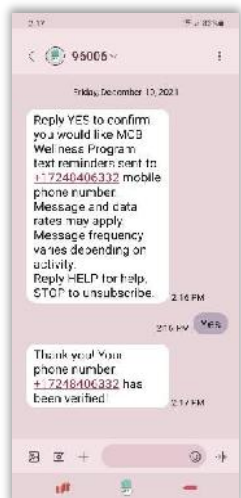
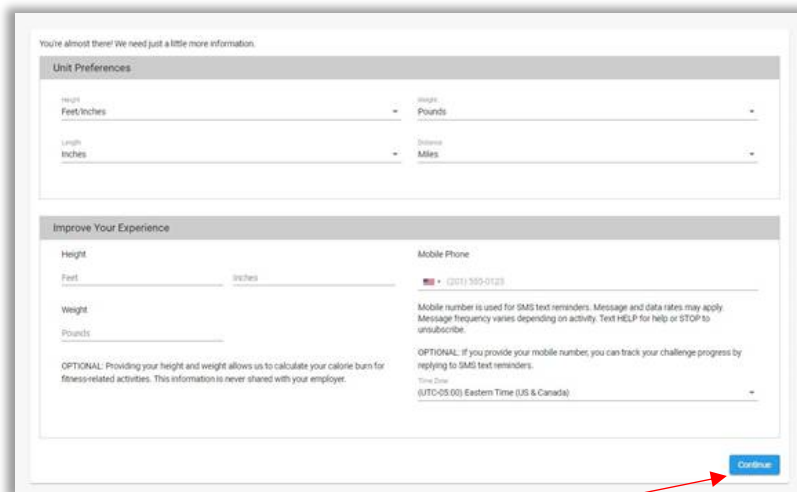


3. Once you have read and agreed to the terms and conditions noted, and have checked the box in front of each, click on **Register**. A pop up will appear indicating that a registration email has been sent.
4. Check your email for a link to finish activating your account.

[Email Verification](#)

You're almost there! At the next screen:

5. Optional: By entering your height & weight, your wellness experience can be improved, as this calculates your calorie burn for fitness-related activities. This information is not shared with First United, nor is it used in determining your online health profile.
6. Enter and verify your mobile phone number to be able to get text reminders and track activities through the text messaging feature. When you receive the confirmation text, respond **YES**.

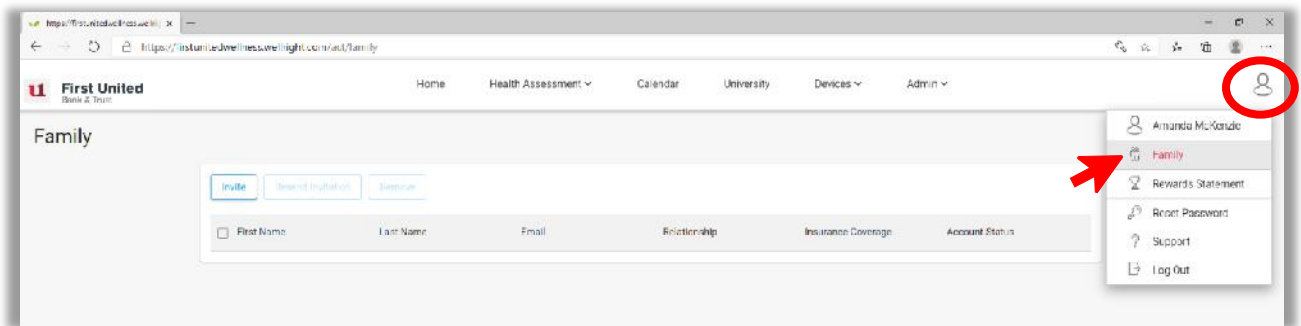


7. Click **Continue**. This will take you to the WellRight portal home page. You will also receive a confirmation email that your registration has been successful!

SPOUSE REGISTRATION INSTRUCTIONS (BY INVITATION THROUGH EMPLOYEE)

If your spouse does not have a WellRight account, for them to participate, *you must register first*, then INVITE them to participate. **PLEASE NOTE:** Your spouse must use a different email than the one you used to register.

1. Once you are registered, hover over your profile icon in the top right corner of your home page and click **Family** from the dropdown.

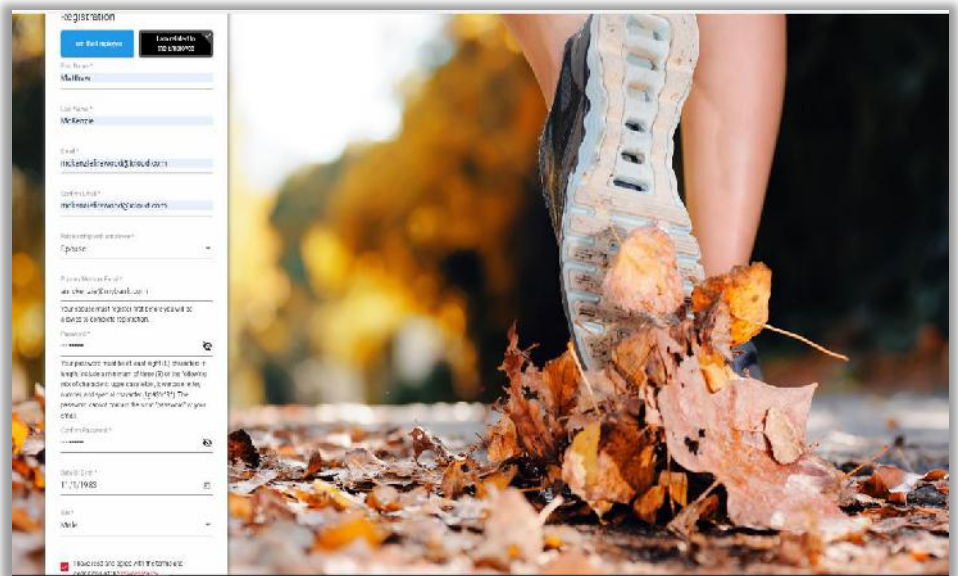


2. Click **Invite** and enter your spouse's information. Click **Send Invitation**.
3. Your spouse will receive an invite email from WellRight.
4. Click on the **Account Activation** link within the email.

[Account Activation](#)

A screenshot of the 'Invite Family Member' form. It contains fields for First Name, Last Name, Email, Confirm Email, and Relationship. A checkbox is present with the text 'This person is at least 10 years old' and 'Age confirmation is required'. The 'Send Invitation' button is highlighted with a red box.

5. At the WellRight registration page, confirm that the box is marked **I am related to the Employee**.
6. Your spouse will fill in information accordingly and create a password following the guidelines. Asterisked fields are required.
7. Once your spouse has read and agreed to the terms and conditions noted, and have checked the box in front of each, click on **Register**.



8. Your spouse will receive a confirmation email indicated that their registration has been successful. Click the **Login** link from that email to access the WellRight site.

WELLRIGHT PORTAL - HOME PAGE

Once you log in to the portal, the home page will be your main page to track your wellness participation and activities. Activities on the portal are referred to as "challenges".

The **Announcement** banners will have important messages rotating on the screen. Please review these messages each time you log in to ensure you stay current on information.

The **Resources Hub** has quick links to additional resources offered by First United.

- First United's Employee Assistance Provider (EAP) LifeWorks that offers FREE resources to employees. This includes 24/7 employee support, webinars and special employee offers.
- For those one First United's medical insurance, links are provided for Healthcare Bluebook, Magellan and Teledoc.

The **Points Tracker** tells you how many points you have currently earned based on completed activities and where you are to goal.

The **Mission Statement Section** explains the Company Mission statement and Wellness Mission statement. You can create and list your own Personal Mission statement on this screen to remind you of your "Why"!

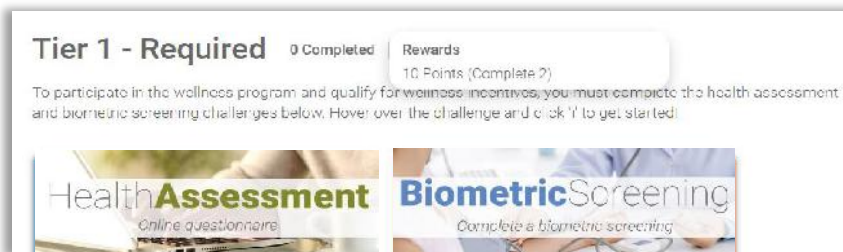
The screenshot displays the WellRight Portal Home Page. At the top, a banner features the WellRight logo and the text "WELCOME TO THE WELLNESS PROGRAM" alongside the First United Bank & Trust logo and images of a laptop and smartphone showing the portal interface. Below this is the "Resources" section, which includes four cards: "EAP" (Employee Assistance Provider), "LifeWorks Webinars", "Community Resources", and "Teledoc". The "Points Tracker" section shows a progress bar for "Ready, Set, Go!" at "Level 0 of 6" with a current score of 0 points out of 100. The bottom section, "Mission Statement", includes the First United logo, the "Company Mission" (To enrich the lives of our employees, customers...), the "Wellness Mission" (Our wellness program is designed to help educate you on...), and a "Personal Mission" field with a user icon and a pencil icon for editing.

WELLNESS PROGRAM ACTIVITIES TO EARN INCENTIVES

Tier 1 - Required In order to participate in the wellness program and receive credit for any other tier, you must complete the annual online Health Assessment questionnaire and Biometric Screening (when offered). Once these two challenges are showing as complete on your WellRight home page, points will be added to your points tracker.

PLEASE NOTE: The health assessment can be started at any time; you do not need to wait for the results of your biometric screening to post before taking the online questionnaire.

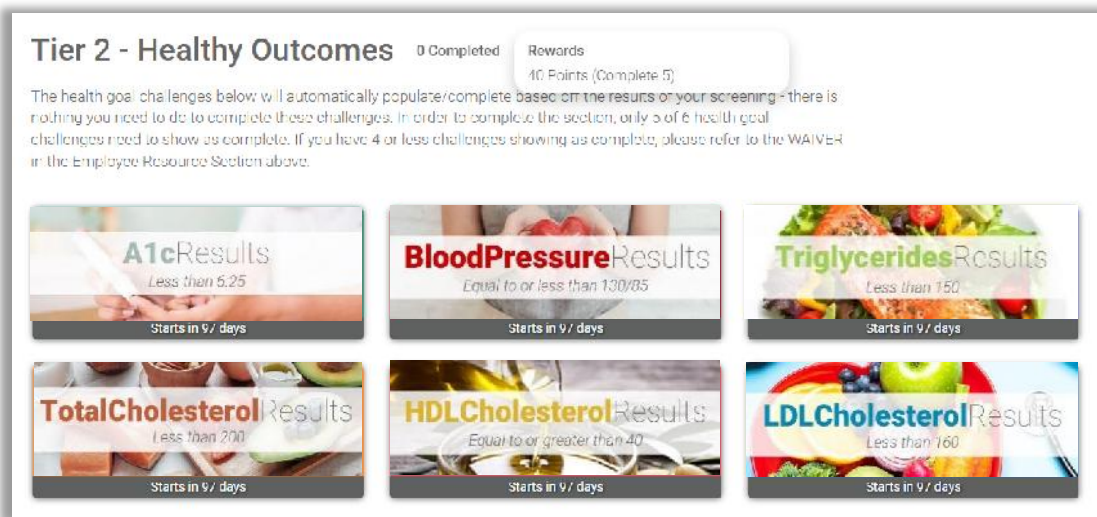
This tier is worth 10 points. The deadline to complete the health assessment and visit a lab (if not screening onsite) is June 1. Onsite screening events will be offered in Oakland on May 15, 16 and 22nd. Refer to the **2024 Biometric Screening Details** document for more information.



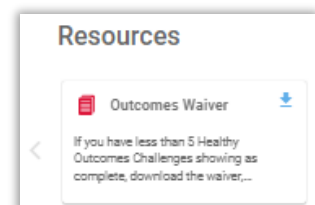
Tier 2 - Healthy Outcomes The "healthy outcomes challenges" in this tier will show as complete or not-complete automatically based on the results of your yearly company-sponsored biometric screening. If the results from your screening fall within a target range, the challenge will show as 100% complete. The target range for each challenge is shown on the challenge icon.

PLEASE NOTE: Only 5 healthy outcomes challenges need to show as complete for you to earn the points for this tier.

This tier is worth 40 points. Within 7-10 business days of your screening, challenge completion will be determined by your screening results.



IF LESS THAN 5 HEALTHY OUTCOMES CHALLENGES SHOW AS COMPLETE: If you are under doctor's care for a healthy outcomes challenge for challenge(s) that do *not* show as complete, you will be able to submit a waiver form completed by your doctor showing you are under care for it. Once the waiver is completed and submitted, credit will be given in the WellRight portal for the healthy outcomes challenge(s) indicated on the waiver. The waiver form can be found under the **Resources Hub** of your WellRight home page and must be submitted to Webber Advisors no later than November 30.



Tier 3 - Coaching There are two separate activities to complete in this tier: 1) the Healthy U Challenge and 2) the Coach Connect Challenge or the Coach Connect *Alternate* Challenge



1) Coach Connect Challenge or Coach Connect *Alternate* Challenge

Coach Connect Challenge (Marquee Health Coaching): Employees and spouses will have access to a certified Personal Health Coach for FREE through Marquee Health! Working with a health coach will be a key resource in maintaining a healthy lifestyle, achieving your personal health goals, and lowering your health care expenses. To complete the challenge, you will be required to have 6 sessions prior to November 30. When each coaching session is complete, your coach will track that session for you in the challenge. **PLEASE NOTE:** The Marquee Health coaches allow for at least one-week in-between sessions, so please plan your participation accordingly.

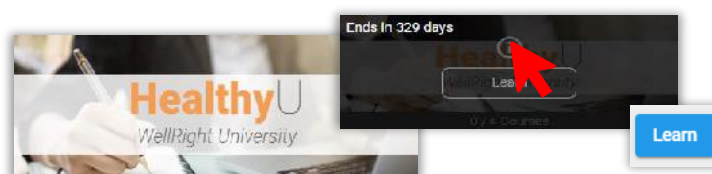
Your Health Coach has access to your WellRight account and can help you tailor Personal Challenges and Education around items that are important to you.

To get started with a Marquee Health coach, call 1-800-882-2109 or email coaching@mywellportal.com. If emailing, you will be contacted by the coach within 3-5 business days. You can work together with your health coach via phone or email (or video, by request).

Coach Connect *Alternate* Challenge (Scott Watkins, MD): Sessions with Dr. Watkins, an MD specializing in functional medicine, are not free of charge, but First United will pay the doctor \$25 per month per employee towards the cost of chosen services. For additional information, or to connect with Dr. Watkins, email functionalmed411@gmail.com or visit <https://functionalmed411.com>, or reach out to Amanda McKenzie. To complete this *alternate* challenge, employees will need to have 3 sessions with Dr. Watkins prior to November 30.

2) Healthy U Challenge

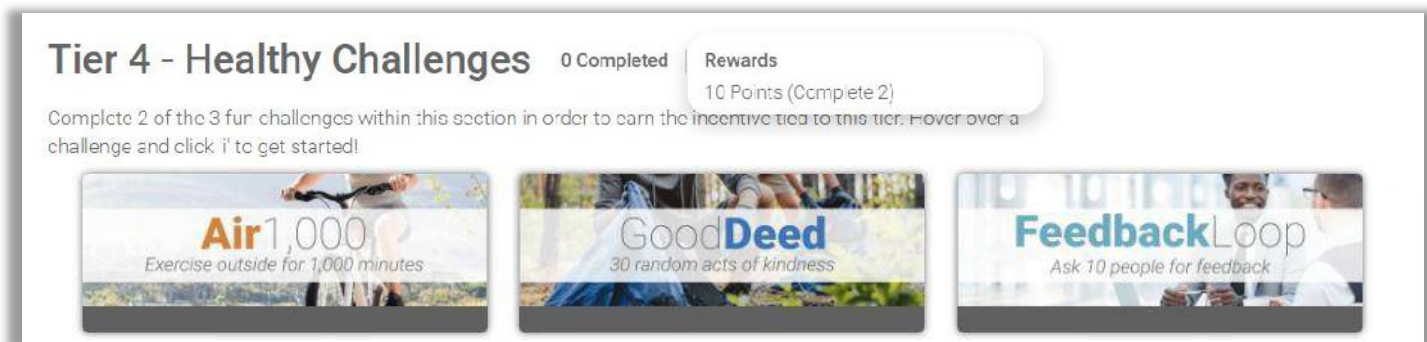
To go along with the coaching, you will need to complete four (4) self-paced courses on any of the topics available within the challenge. Courses can be picked by your health coach or picked by you. Each course contains a short educational video and follows with multiple-choice questions. Correctly answer 70% of the questions to complete the course. To view the available courses, hover over the Healthy U Challenge and click (i), then click **Learn**.



This tier is worth 40 points. The deadline to complete is November 30.

Tier 4 - Healthy Challenges For this tier, you will be required to complete 2 of the 3 fun challenges: Air 1,000, Good Deed or Feedback Loop. These challenges don't have a set start date, but must be completed within 30 days of when you start them.

This tier is worth 10 points. The deadline to complete the 2 challenges is November 30.



-END OF WELLNESS PROGRAM ACTIVITIES TO EARN INCENTIVES-

WELLNESS PROGRAM INCENTIVES FOR 2025 PLAN YEAR

EMPLOYEES AND SPOUSES ON MEDICAL PLAN

Incentives will be earned for each completed tier of the Wellness Program. Each tier will earn the employee and spouse a specific per-pay discount on your medical contributions for the entire 2025 plan year.

- Tier 1 - Required Biometric Screening & Health Assessment - 10 points
- Tier 2 - Healthy Outcomes - 40 points
- Tier 3 - Coaching - 40 points
- Tier 4 - Healthy Challenges - 10 points

You must complete Tier 1 to be eligible for any other tier. To earn 100% of all wellness incentives, you will need to complete the required number of challenges in each tier. If you do not fully complete a tier, you would not receive the wellness incentive tied to that section. Tiers do not need to be completed in order.

EMPLOYEES AND SPOUSES NOT ON MEDICAL PLAN

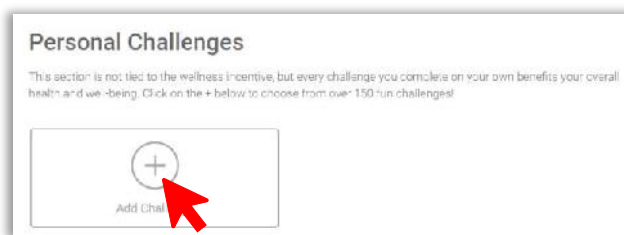
If you complete ALL wellness activities (all 4 tiers = 100 points), you will receive a \$200 gift card.

Spouses will not receive an incentive. The benefit of the WellRight platform is the valuable information gained the health assessment, screening, and online university courses, as well as access to a Personal Health Coach.

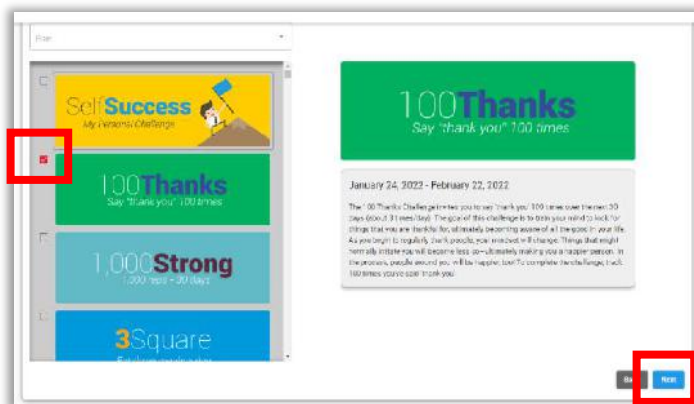
OTHER RESOURCES AVAILABLE IN WELLRIGHT

PERSONAL CHALLENGES

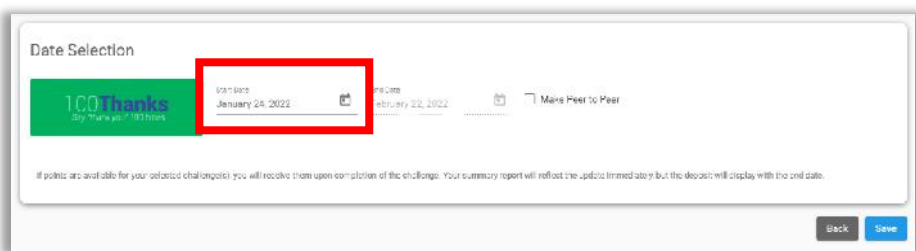
This section is not tied to the wellness incentive but can be used to help you develop healthy habits that could lead to better screening results, which *are* tied to an incentive. There are over 150 personal challenges to select from! Challenges address six dimensions of wellness: Physical, Emotional, Occupational, Social and Purpose. Click the **+** icon in the Personal Challenges section to view the catalog of challenges.



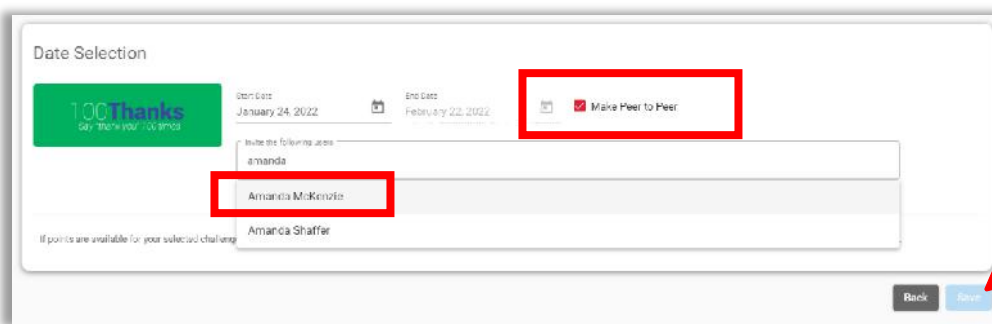
Scroll through the catalog of challenges. You can filter your search by dimension of wellness, or by conditions, habits or biometrics that you'd like to improve. Place a check mark in front of a challenge and click **Next**.



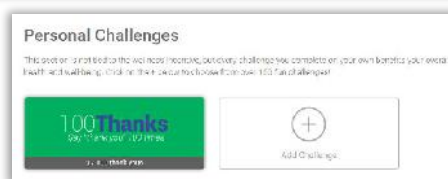
Select the date you want the challenge to start. **PLEASE NOTE:** If the challenge is to track something for 30 days, you must track for 30 *consecutive* days once the challenge starts.



Want to do a challenge with a co-worker or spouse? Click the box beside **Make Peer to Peer**, start typing in the name of the person to invite, then choose their name from the drop-down list. **PLEASE NOTE:** The person you are inviting to join the challenge must have an active WellRight account. Once done, click **Save**.




You will then see the challenge in your Personal Challenges section.

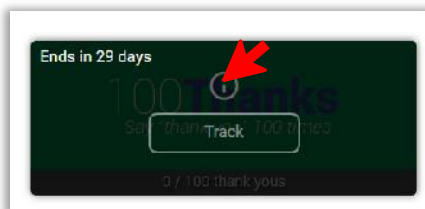
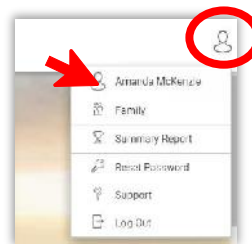


USING THE TEXT MESSAGING FEATURE TO TRACK CHALLENGE PROGRESS

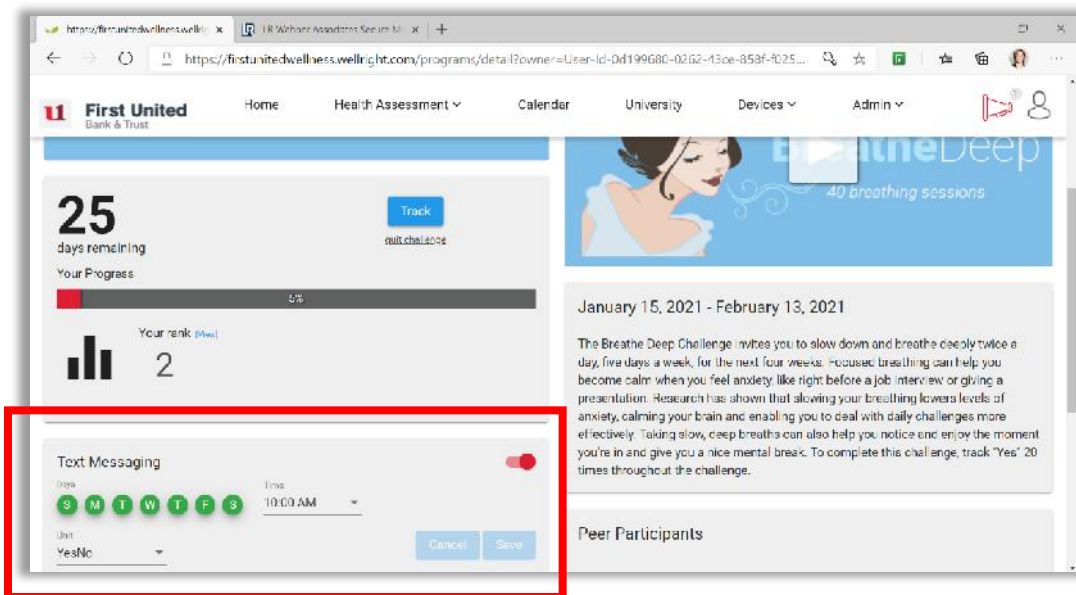
The text message tracking feature of the portal can allow you to receive tracking reminder texts, and allows you to track in the challenge, simply by replying to the text! *How does the text messaging feature work?*

First, be sure that your mobile number is connected to your account.

1. Hover over your profile icon in the top right corner of the WellRight home page and click on your name.
2. Enter your mobile phone number and click **Save**. You will receive a test text message to your phone; reply **YES** to confirm.
3. On the portal or through the app, hover over the challenge you want to track through texting and click on .



4. Under Text Messaging, slide the toggle to the right, setting the day and time you want to receive the notification, then click **Save**.

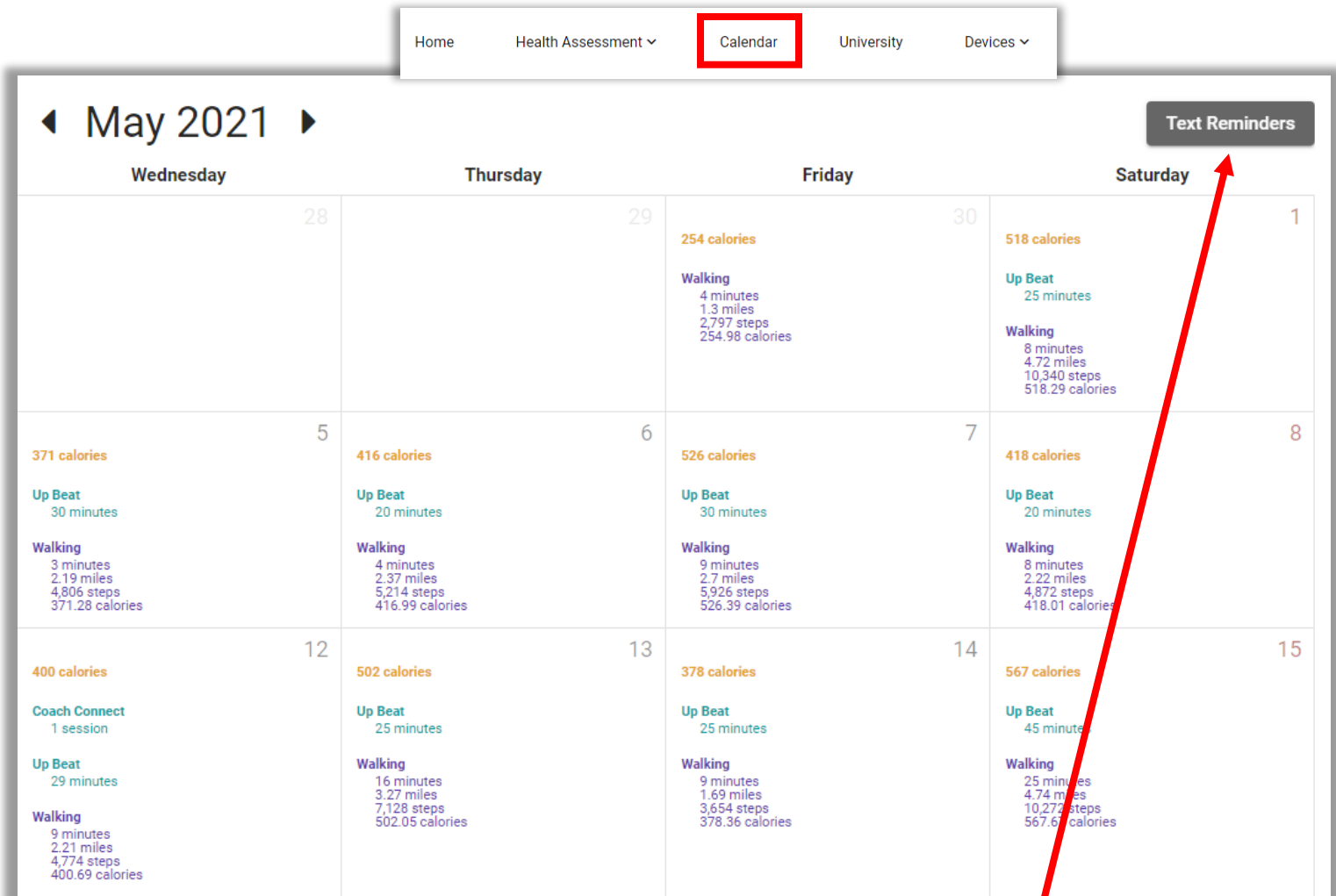


5. On the day(s) you set, you will receive a text notification. You can reply directly back to the text reminder, and your progress is automatically tracked in the portal!

PLEASE NOTE: Once you have completed a challenge, you may need to go back into the challenge and turn the text messaging off. See instructions under CALENDAR on next page.

CALENDAR

The calendar will allow you to see your tracking progress for each challenge you are participating in, as well as any fitness data pulled into the portal from a synced device or app. You will also be able to adjust your text reminders from the calendar. Click on **Calendar** in the top menu bar.



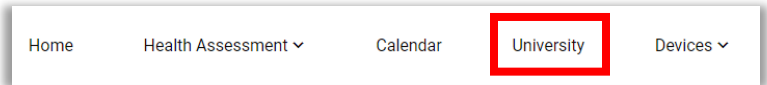
To adjust which challenges you receive text message reminder for, click on **Text Reminders**.

Under Status, slide the toggle to the left to turn the texts off, then click the **blue disk** to save.

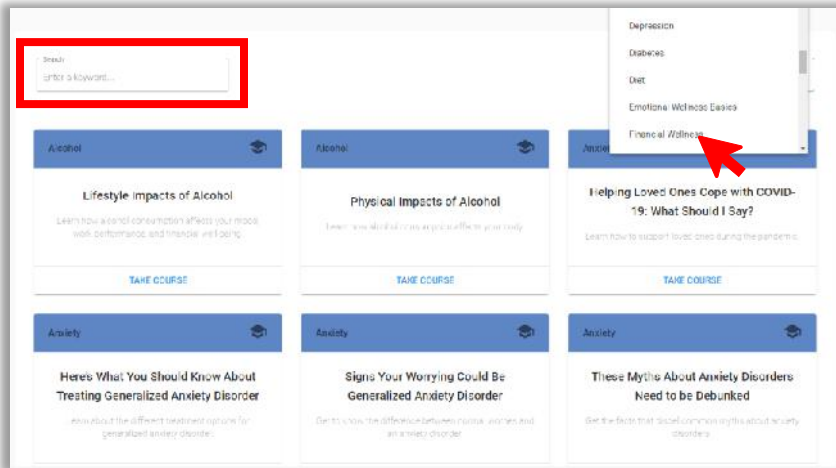
Tracker	Units	Intensity	Time	Days	Status
100 Thanks	thank yous		08:00 AM	S M T W T F S	<input checked="" type="checkbox"/>
Be Grateful	entries		08:00 AM	S M T W T F S	<input type="checkbox"/>
Bel'positive	YesNo		00:00 AM	S M T W T F S	<input checked="" type="checkbox"/>

UNIVERSITY COURSES

These are self-paced learning tutorials on a variety of topics to increase your knowledge. Each course contains a brief educational video followed by multiple-choice questions. To access the courses, click on **University** in the top menu bar.



Choose a course by typing in a keyword or selecting from various topics, then click **TAKE COURSE** to begin.

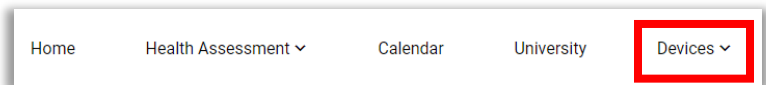


As a reminder, you can take as many courses as you like, but only the courses taken from within the Healthy U Challenge will be counted towards the 4 required to complete the challenge.

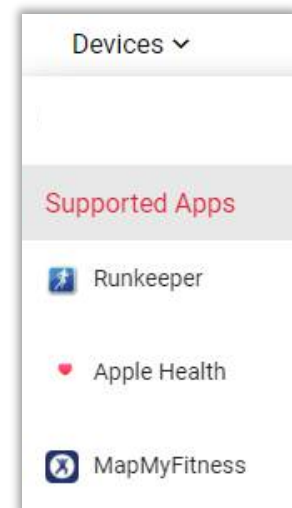
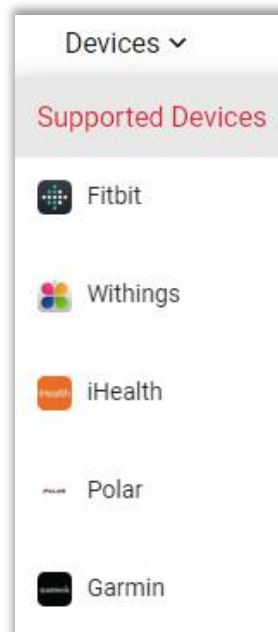
ADD A FITNESS DEVICE OR APP

WellRight is compatible with multiple devices and apps for various fitness related challenges.

Click **Devices** on the top menu bar, then click **Register**.



You will then see a list of supported devices and apps. After selecting a device or app, you will be taken to the log in screen for that device or app.

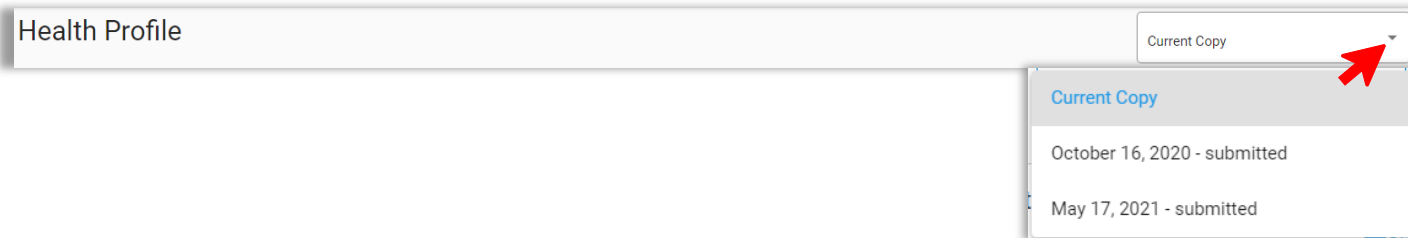


And be sure to download the WellRight app from the Apple Store or Google Play for access to your wellness portal on your phone!

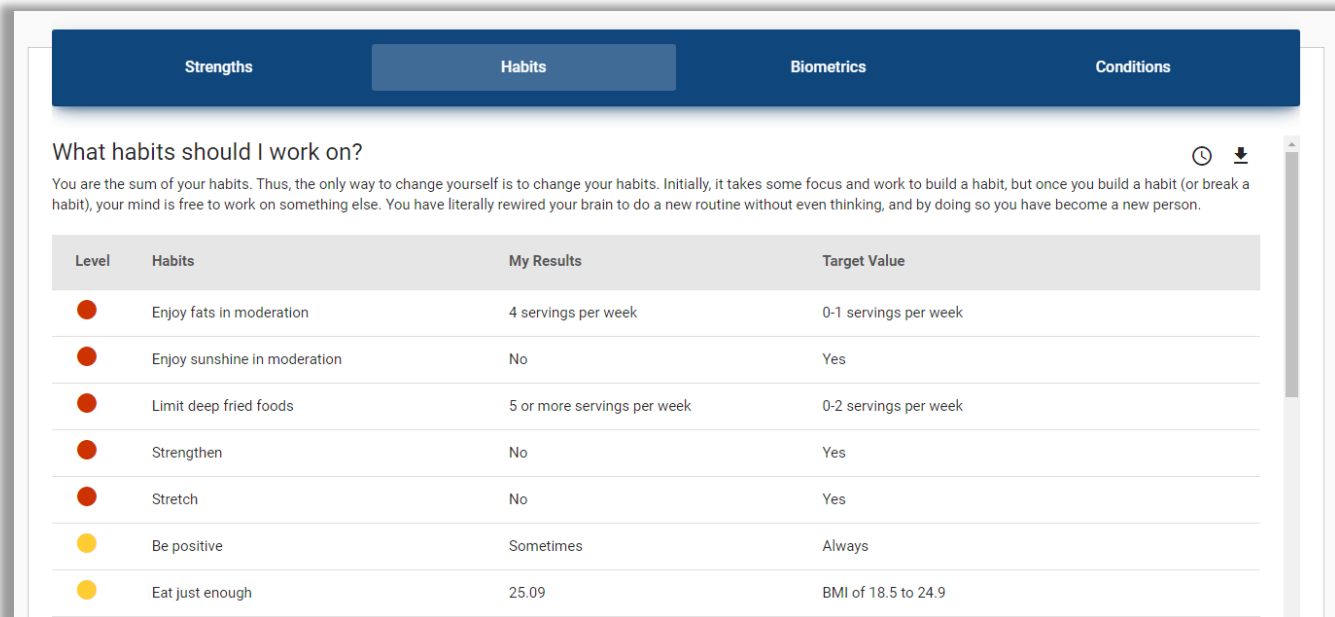


VIEWING YOUR HEALTH PROFILE AND CHOOSING ASSOCIATED PERSONAL CHALLENGES AND UNIVERSITY COURSES

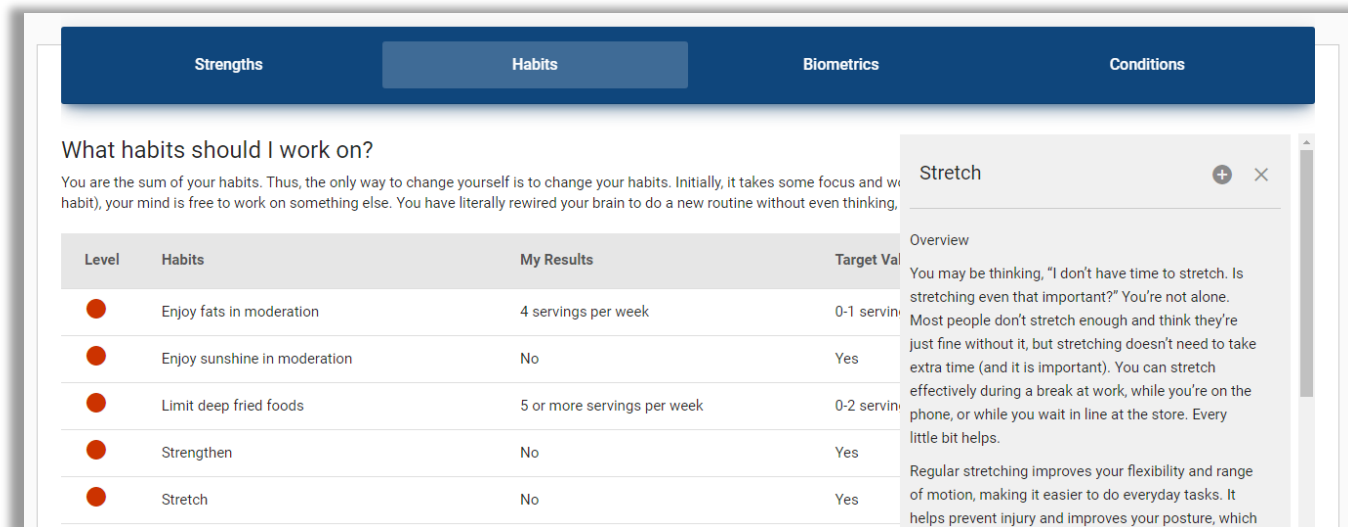
1. Hover over **Health Assessment** in the top menu bar. In the drop-down, click **Health Profile**.
PLEASE NOTE: If you did not have a screening yet for the current year, you will need to click on the drop-down beside **Current Copy** and choose the most recent date. However, it is recommended that you revisit your Health Profile once your screening results from the current year have been posted to your Health Profile.



2. You should then see a colored bar with tabs for *Strengths*, *Habits*, *Biometrics* and *Conditions*.

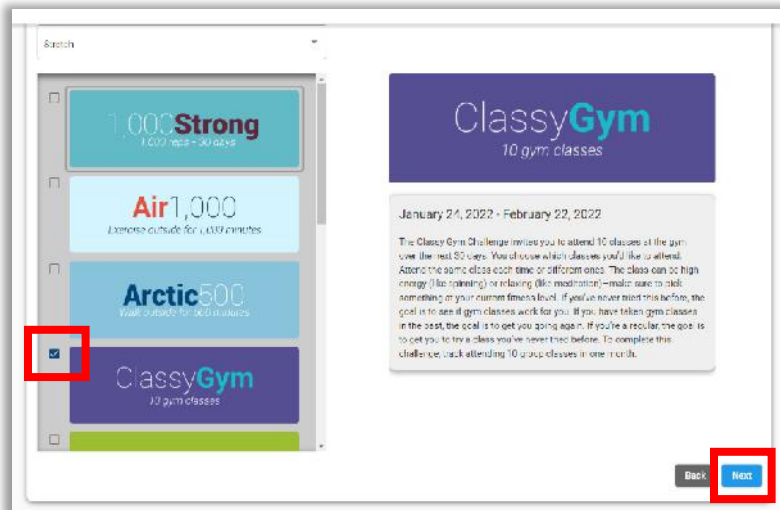
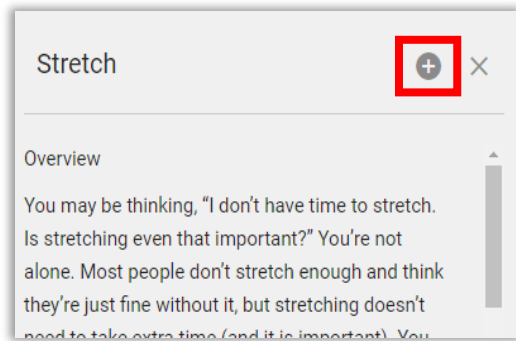


3. Click on any line of any tab to get a better understanding of that condition, habit or biometric. A gray window will appear on the right side of the screen with an *Overview* and *Recommendations*.



(CONTINUED ON NEXT PAGE)

4. If the + icon is showing, this will take you to associated Personal Challenge(s).
 - a. Click on the + icon.
 - b. Place a checkmark in front of the personal challenge(s) you would like to participate in.
 - c. Click **Next** and the challenge will be placed under the Personal Challenges section of your WellRight home page.



As a reminder, personal challenges don't count towards wellness incentives, but every challenge you complete on your own benefits your overall health and well-being!

5. If the graduation cap icon is showing, there are associated University Course(s).

Level	Biometrics	My Results	Target Value
●	LDL Cholesterol	160	< 130
●	A1C	5.9	< 5.7
●	BMI	25.1	18.5 to 24.9
●	BP - Diastolic	88	< 80
●	BP - Systolic	138	< 120
●	Glucose	110	70-99 (Fasting), 70-139 (Non-Fasting)
●	HDL Cholesterol	40	> 60
●	Total Cholesterol	220	<200

- a. Click on the graduation cap icon to take to the university course(s).

PLEASE NOTE: In order to get credit for the Healthy U Challenge under Tier 3 - Coaching, you must take 4 university courses within the Healthy U Challenge. University courses completed through the Health Profile will not count towards the Healthy U Challenge. Be sure to go to the Healthy U Challenge and select the course(s) from within the challenge.