



## Well-being Program Requirements for 2025

All Associates and spouses/domestic partners are eligible to participate in Grande’s well-being program, Asset Health. In 2025, Associates and spouses are required to complete a biometric screening OR an annual wellness exam AND earn 750 points through your choice of approved wellness activities by December 1, 2025, to receive a discount on your medical premium for the 2026 plan year. Medical premium discount will remain \$35/paycheck for Associate + additional \$20/paycheck for spouse/domestic partner participation.

### Get Started Today!

Visit [assethealth.com/grandehealth](https://assethealth.com/grandehealth) on your desktop or download the Asset Health mobile app.

**Username:** first initial + last name + last four digits of SSN (e.g., jsmith1234)

**Password:** date of birth (mmddyyyy)

### Login Information

*First-time users:* You will be asked to change your username and password after logging in.

Associates and spouses should follow the following guidelines to complete their biometric screening and annual wellness exam.

### Biometric Screening

#### Dates

Biometric screening must take place between December 2, 2024 and November 28, 2025. To qualify for the incentive, a physician form must be submitted no later than December 1, 2025.

#### Biometric Screening Appointment

Your appointment can be completed at one of the Grande on-site clinics or completed with an outside Primary Care Provider (PCP). To schedule an appointment with the Grande clinic, call 920-907-3922 to schedule an appointment.

If your appointment is completed with the clinic, your biometric results will be submitted to Asset Health for points within two weeks of screening.

If your appointment is completed with a PCP, a physician form must be brought with you to the appointment and completed by your PCP. Form needs to be turned back in on portal. See detailed directions below.

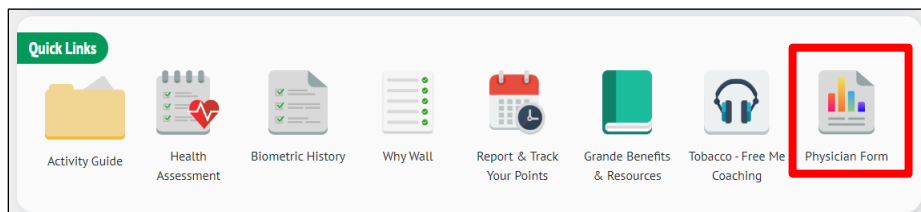
**Points**

Receive 250 points upon completion of biometric screening.

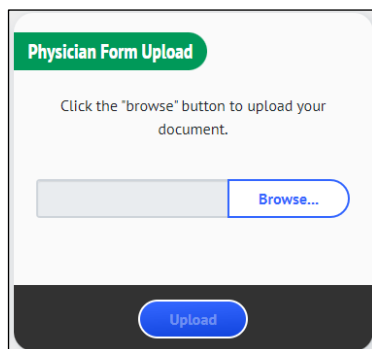
Receive up to 210 points for meeting healthy measures (auto-awarded) BMI, BP, Glucose, LDL, HDL, Tobacco

Please follow the below directions to find the physician form on Asset Health portal.

Once you log into Asset Health, you can locate the Physician form on the bottom of the home page under ‘Quick Links’. Download, print and bring this form with you to your appointment.



Once you have received a completed physician form, you will need to upload it to Asset Health. Locate the ‘Physician Form Upload’ drop box. Browse for saved document and upload the completed form.

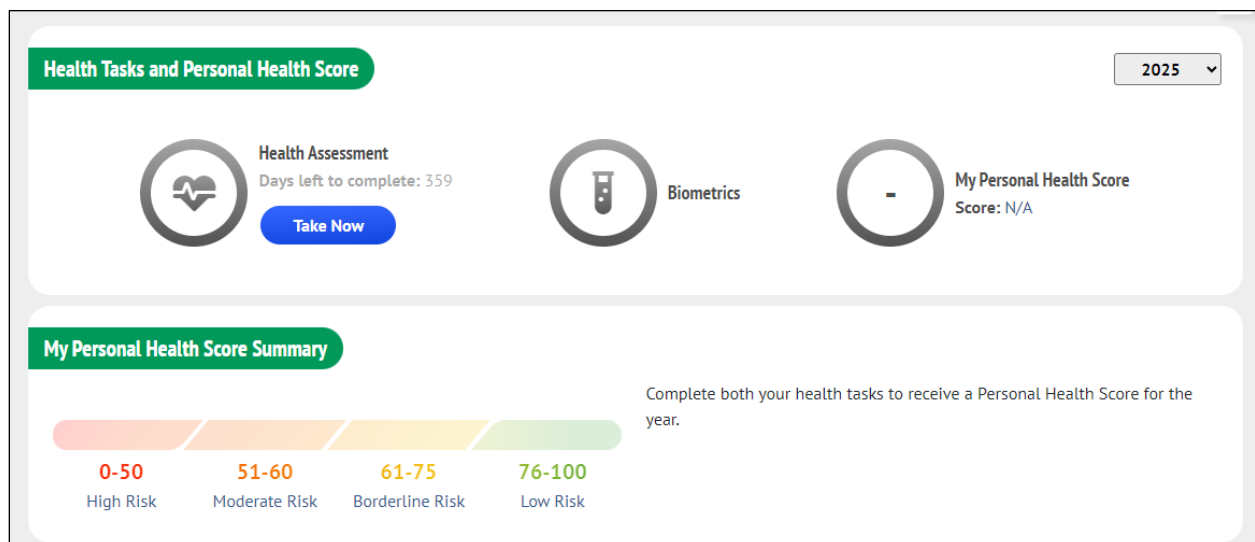


You can also access the physician form and submit the form from the Asset Health mobile app.



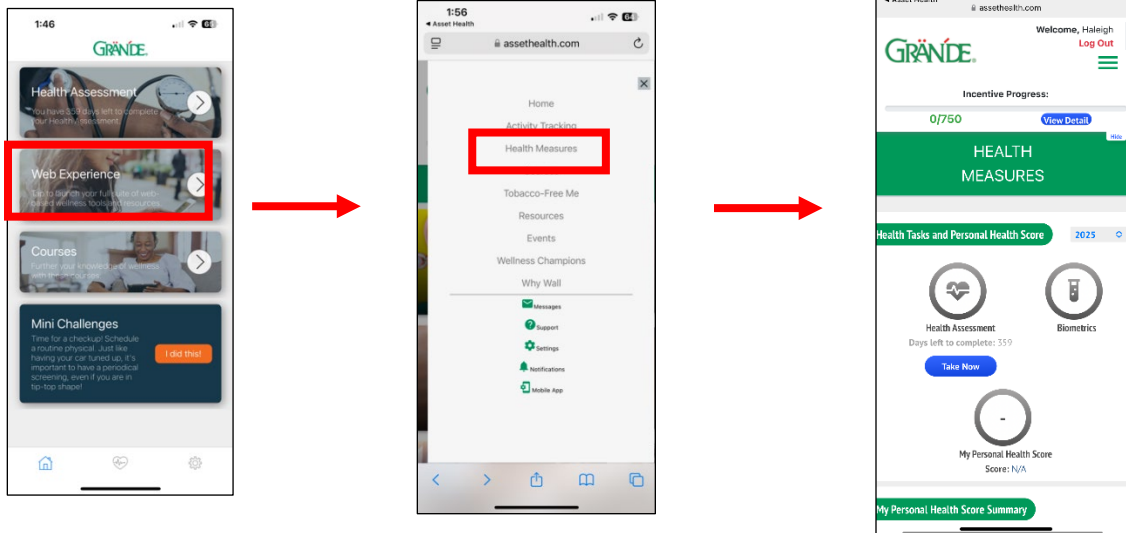
Once you complete your biometric screening, you will find your results on the Asset Health portal.

1. On the dashboard, click on 'Health Measures'.
2. The biometrics “ring” will light up green when complete and uploaded.
3. Biometric Data will show results for each test.



Biometric Data					Screened While Fasting: N/A
BMI	Fasting Glucose	Blood Pressure	Cholesterol	HDL	
No Results	No Results	No Results	No Results	No Results	
Chol. Ratio	LDL	Triglycerides	Waist Circ.	Tobacco User	
No Results	No Results	No Results	No Results	No Results	

You can also view your results from the Asset Health mobile app.



### Annual Wellness Exam

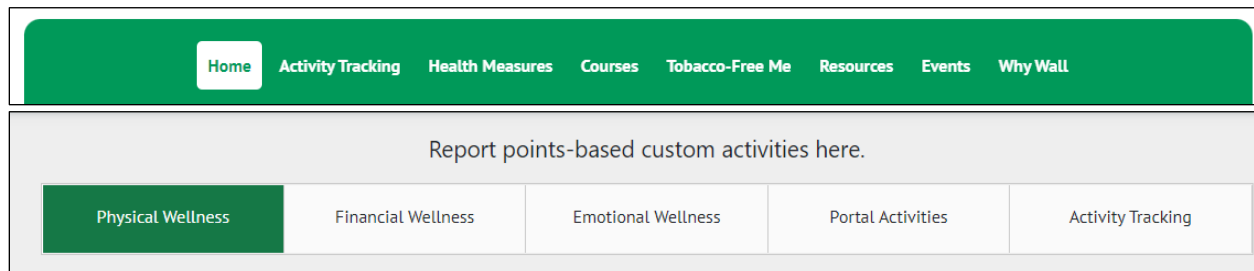
The annual wellness exam must take place between December 2, 2024 and November 28, 2025. For Associates and spouses to receive points for the annual wellness exam, there are some differences for those enrolled and not enrolled in Grande’s medical plan, as noted below. Once your annual wellness exam is completed, you will receive 250 points.

Enrolled in Grande’s Medical Plan	Not Enrolled in Grande’s Medical Plan
<p><b><u>Appointment</u></b> Your annual exam can be completed at one of the Grande on-site clinics or completed with an outside PCP. To schedule an appointment</p>	<p><b><u>On-site Clinic Appointment</u></b> Your annual exam <b>MUST</b> be completed at one of the Grande on-site clinics. Annual exams with an outside PCP will not be accepted for</p>

<p>with the Grande clinic, call 920-907-3922 to schedule an appointment.</p>	<p>points within the Asset Health portal. To schedule an appointment with the Grande clinic, call 920-907-3922 to schedule an appointment.</p>
<p>Upon completion of your annual exam, Asset Health will be notified, and you will be awarded points.</p>	<p>Upon completion of your annual exam, Asset Health will be notified, and you will be awarded points.</p>

### Additional Activities

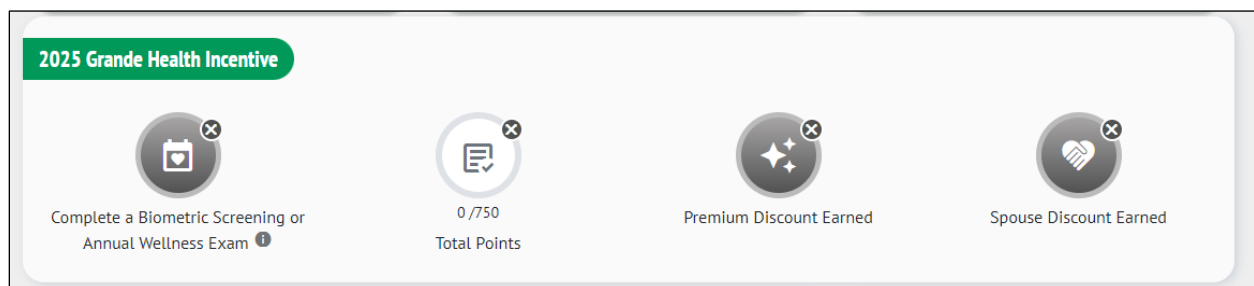
This year, the well-being program includes many other activities to complete and earn points. To review the different activities and points associated with each, view the [activity guide](#). In the Asset Health portal, on the top of your home dashboard page, you have the option to see ‘Activity Tracking’. Click into each wellness category to see what activity can be recorded/completed and how many points are completed within each.



On the top of your home dashboard page, you can see an incentive progress scale to understand your progress towards points earned.



The dashboard will also indicate if you or your spouse has reached the requirements. The icons below will turn green when they have been met.



You can also access the Asset Health mobile app to record your points.

