

Register for Swift Wellness GPS Today

Take the first step toward up to \$1,000 in medical premium credits. Take a few minutes to register for an account with **Swift Wellness GPS** today!

Already registered?

Just use your current login.



Unleash your potential ←

Step 1

Register for the Swift Wellness GPS Program at webmdhealth.com/swift. You can also download the Wellness At Your Side™ app from the Apple Store or Google Play. When prompted, use connection code **Swift** to create your new account.

Step 2

Complete the **required** Health Assessment, which provides a personalized report and recommendations on how to improve your health.

Step 3

Save up to \$1,000 in medical premium credits by choosing from various rewardable activities that match your personal health goals.

Spouses enrolled in a Swift medical plan can also participate in saving an ADDITIONAL \$1,000 in credit toward the medical premium.

Questions?

Call WebMD Health Services Customer Service at 1-888-321-1517, Monday through Friday, 8:30 a.m. to 6 p.m. ET.

Earn your reward sooner!

Complete the activities below and you can be entered into our early bird prize drawings.

- **Drawing entry for 1,000 points** — Complete your Health Assessment and at least one coaching call between 9/1/25 and 12/15/25 to be entered into this prize drawing. Winners will be notified by 12/31/25.
- **Drawing entry for a Fitbit** — Complete at least one coaching call between 1/1/26 and 3/31/26 to be entered into this prize drawing. Winners will be notified by 4/15/26.
- **Move for a Million** — Track at least a million steps between 9/1/25 and 8/31/26 and be entered to win 1,000 points towards your 2027 medical premium credits. Winners will be notified by 9/30/26.

All full-time Swift employees can participate. Spouses currently enrolled in a Swift medical plan can also participate to earn credits.

The sooner you start earning, the sooner you'll see medical premium credits!

Each point earned = \$1. Credits are earned in \$200 increments (\$200, \$400, \$600, \$800, \$1,000). Your medical premium credit will be applied as soon as administratively feasible. Please note medical premium credits are prorated based on whether you are paid weekly or bi-weekly.

WHEN YOU CAN EARN:

	Start Date	End Date
<i>When You Can Earn Credits</i>	9/1/2025	8/31/2026
<i>When Credits are Applied</i>	1/1/2026	12/31/2026
<i>Remember, the online Health Assessment must be completed each year, otherwise you will not receive any medical premium credits.</i>		



More ways to earn points

No matter your personal well-being goals, Swift Wellness GPS provides resources that can help. Start taking advantage of our tools today to help you achieve your well-being goals and save up to \$1,000 in medical premium credits. Spouses enrolled in Swift's medical plan can also participate to earn credit. **Get started today to make sure you don't miss out!**



Health Assessment

Answer questions about your health, interests, and lifestyle. In just 10 minutes, the Health Assessment will give you a personalized health report and point you toward tools that can help you achieve your personal well-being goals. Completing the Health Assessment is **required** to earn rewards. Plus, you'll earn 200 points for completing!

BONUS! Completing your Health Assessment between 9/1/2025 and 12/31/2025 will count toward your 2026 medical premium credits.*

Health Screenings

Completing a health screening is an essential step toward achieving better well-being. Your screening results can help you identify health risks and take steps to reduce them—helping to keep you feeling your best for years to come.

Health Screenings submitted to WebMD between 9/1/2025 and 8/15/2026 will count toward your 2026 medical premium credits.

Health Coaching

Swift Wellness GPS offers you a personal health coach to help guide and motivate you to reach your personal health goals. They are trained health professionals ready to support you, no matter your goals. Whether you want to manage your stress, stop smoking, lose a few pounds, or sleep better, a coach can help.

BONUS! Complete a health coaching call between 9/1/25 and 12/31/2025 and earn 50 bonus points – that's a total of 150 points.

Preventive Dental Exams

If you participate in the Swift dental plan, you can earn 50 points twice a year by completing your regularly scheduled dental cleanings. WebMD will be notified when you have completed your preventive dental exam, so you don't need to upload anything to the portal.

Keep your eyes on the prize!

Check out this list of rewardable activities you can complete to earn your rewards today:

ACTION	POINTS*
Take the Health Assessment (required)	200
Get a biometric screening	400
Have in-range screening results OR Improve screening numbers from prior year's screening	50 per in-range result OR per improved number (300 max)
Complete health coaching sessions	100 for the first session, 200 for the second session, 300 for the third session, 400 for the fourth session
Complete an annual vision exam	100 points
Get a preventive dental exam twice a year	50 points (100 max per year)
Participate in The Invitational Team Steps Challenge	25 for round one, 50 for round two, 75 for round three, 150 for round four, 300 for round five
Track 50,000 steps	50 points for every 50,000 steps
Update your 401k beneficiary at principal.com	50
Join the Health on a Budget Webinar	50
Set and Meet your Financial Goals	25 (100 max)
Listen to a Beyond Well mental health podcast	25 (50 max)
Share your Well-being Success Story	50

Refer to Swift Wellness GPS or the Wellness At Your Side app for additional activities and information on deadlines.

*Credit is awarded upon completion of the Health Assessment.

The Invitational – Spring 2026

Due to popular demand, The Invitational Team Steps Challenge will return in the spring. Step up your well-being and join this fun competition. Plus, your participation will earn you an entry into a prize drawing!

Success Stories

[Share your well-being success story!](#) Tell us how Swift Wellness GPS has helped you reach your well-being goals and live a healthier life. Your story could be featured and help your co-workers to achieve their own goals.

