



# 2025 Schreiber Foods Wellness Program Guide

**Year One:** Jan. 1, 2025, to Nov. 30, 2025

**Eligibility:** All benefits-eligible employees

**Incentive:**

- High Deductible Health Plan Participants: \$1,200 HSA dollars
- Surest Participants: \$1,200 payout on their bi-weekly payslip as taxable income

## Login Details

**Website:** [assethealth.com/Schreiber](https://assethealth.com/Schreiber)

**Employees:** Access the wellness portal directly using your Workday username and password.

## Earning Your 2025 Wellness Contribution

Earn five points by completing a combination of the following activities:

Activities Completed in 2025	Points
Annual Wellness Exam	4
Complete 20 Workouts (5,000 steps or more OR 30 active minutes = 1 workout)	1 (5-point max)
Complete Asset Health Wellness Challenge	1 (3-point max)
Prevention Activity (Colonoscopy, Cervical Screening, Mammogram, *Age-Appropriate Vaccinations, Dental Cleaning/Exam, Vision Exam, or Skin Screening)	1 (2-point max)
Mental Health Training (located in Workday)	1

\*Accepted Age-Appropriate Vaccinations include Shingles, COVID-19, Influenza and Pneumonia.

## Additional Activity Details

**Annual Wellness Exam:**

- This is available to employees on the medical plan.
- Partners who have their annual wellness exam completed through the medical plan will automatically be awarded points within six to eight weeks of their exam. *All wellness exams completed after **Aug. 30, 2025**, will require partners to submit the preventative exam form for credit due to potential delayed claim processing.*
- Partners can also complete and upload the preventive exam form for credit. Note: Signatures and/or appointment verification are required for credit.

## Tracking Workouts

- Asset Health is integrated with more than 170 devices such as Fitbit, Withings, Garmin, Samsung and Apple.
- Partners can earn credit by syncing eligible devices to Asset Health or manually reporting physical activity via the Physical Activity Reporting feature.

## Asset Health Online Wellness Challenges

Three web challenges will be offered throughout the 2025 plan year:

- **Retrain Your Brain 3.0:** This challenge highlights five major regions of the brain with unique activities each day. They are short and designed to specifically challenge the primary function of each brain region. The 3.0 version has new and improved activities which can help get you thinking differently about managing stress and maintaining healthy relationships in your daily life. Complete a target number of healthy brain activities before the challenge ends.
- **Race Through Space Map Challenge:** Report the number of steps you walk each day by syncing an activity tracking device or self-reporting on the Asset Health portal. As your activity is recorded, you'll be able to watch your avatar animate and travel across space. Complete the challenge by recording enough steps to reach the end of the map. Milestones will unlock at intervals throughout the journey.
- **Choose Your Own Adventure:** This personalized challenge is tailored to your unique health goals. You will select three activities that you would like to complete each day throughout the challenge. Available activities cover categories including nutrition, exercise, weight, tobacco use, oral health, stress and life management, and wellness. You'll earn one point for each completed activity (up to three points daily). A progress display will show an avatar advancing through a landscape as you accumulate points and make your way to the finish line.

## Preventive Exams

- Preventive care encompasses medical services that have been demonstrated by clinical evidence to be safe and effective in either the early detection of disease or in the prevention of disease and have been proven to have a beneficial effect on health outcomes. Some examples include:
  - **Dermatology exam**
  - **Dental cleaning/exam**
  - **Vision exam**
- Preventive exams require documentation to be uploaded to receive points. Your document will be reviewed within two business days of upload. If your documentation is approved, you will receive points for your activity. If your documentation is denied, the paperclip icon will turn red. Your documentation can be denied if dates are outside of the plan year or if the document is not appropriate proof of completion.

## Age-Appropriate Exam and Vaccinations

Age-Appropriate exams and vaccinations require documentation to receive points toward your incentive when completed outside the medical plan or are completed after Aug. 30, 2025.

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|----------------------------------|---|
| • Age-Appropriate exams include: | • Age-Appropriate Vaccinations include: |
| ○ Colonoscopy                    | ○ Shingles                              |
| ○ Cervical                       | ○ COVID                                 |
| ○ Mammogram                      | ○ Influenza                             |
|                                  | ○ Pneumonia                             |