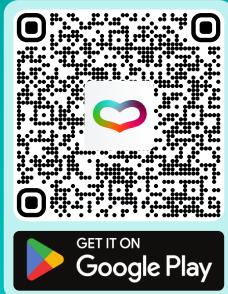
**TERRASCEND**

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 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.



Medically enrolled employees must complete the **three (3) requirements** below by **October 31, 2026**, to earn the incentive. Non-medically enrolled employees are welcome to participate in wellness activities, but are not eligible to earn the incentive. Log in to your Wellness Portal for complete details of each requirement and activity listed below. Please see the Resources page of this guide for login instructions.

1

Annual Physical

Visit your Primary Care Provider between **November 1, 2025–October 31, 2026**, and submit the completed **Annual Physical Proof of Visit Form** on your Wellness Portal by **October 31, 2026**.

2

Know Your Number (KYN) Assessment

Access the Know Your Number from the My Program section of the Wellness Portal, then complete the questionnaire. Your results report will appear once your questionnaire and health metrics are entered. Complete the assessment by **October 31, 2026**.

3

Earn 100 Points

Earn 100 points by completing various wellness activities. Log into the Wellness Portal for details to complete activities. Upload your paperwork to the Wellness Portal page by **October 31, 2026**.



Deadline
October 31, 2026



**Annual Physical**

Required

10 pts

Know Your Number Assessment

Required

10 pts

Preventive Exams

40 pts max

Learning Center Series

40 pts max

Learning Center Videos/Webinars

10 pts max

Walking Challenge

10 pts

Track 100,000 Steps

25 pts max

Physical Activity Tracking

30 pts max

Race Participation/Sport/Rec League

10 pts max

EAP Counseling or Coaching Session

10 pts max

Community Volunteer/Donate Blood

10 pts max

Weight Management Program

10 pts max

Meet with a Financial Advisor

10 pts max

Benefits Company Wide Sessions

15 pts max



Earn Your Incentive

Medically Enrolled Employees:

Complete the requirements by October 31, 2026, to earn a \$40 monthly Wellness Credit via payroll, effective January 2027.

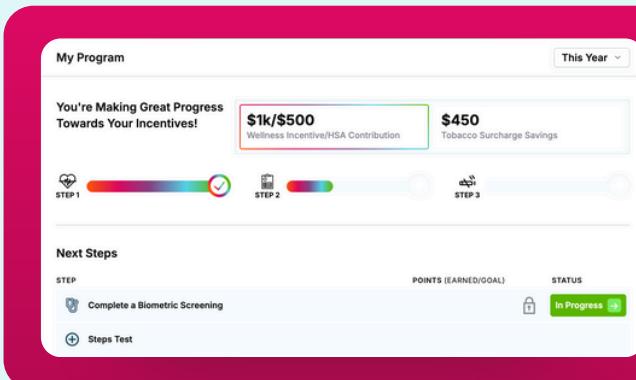
Non-medically enrolled employees are welcome to participate in wellness activities, but are not eligible to earn the Wellness Credit.

Medical Enrollment Status	Requirements	Deadline	Incentive
Enrolled in Company Medical Plan	Submit Annual Physical Proof of Visit Form	10/31/2026	\$40 monthly Wellness Credit, effective January 2027
	Complete the Know Your Number (KYN) Assessment		
	Earn 100 Points with Wellness Activities		

New Hires

If you were hired on or after September 1, 2026, and enrolled in a TerrAscend Medical Plan:

Earn 50 points by completing various wellness activities on your Wellness Portal by October 31, 2026, to earn the \$40 monthly Wellness Credit via payroll, effective January 2027.



View Your Incentive Progress

Looking for an overview of your progress to date?

- The **My Program** section outlines completed events and points accumulated and 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.

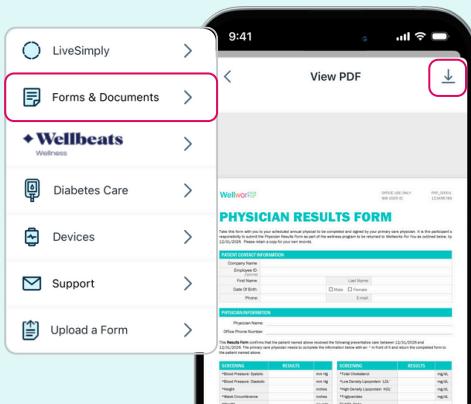


Instructions

Access, download, complete, and submit your program forms and documents in the Wellness Portal or Mobile App.

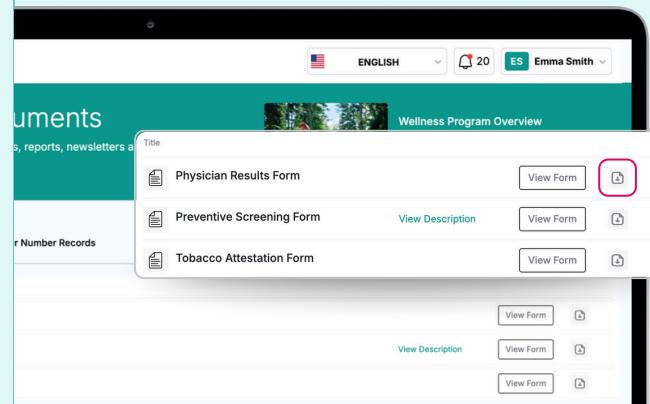
Download via Mobile App

Go to **Forms & Documents** via the menu. Tap the form you need, then tap the download button in the top-right corner.



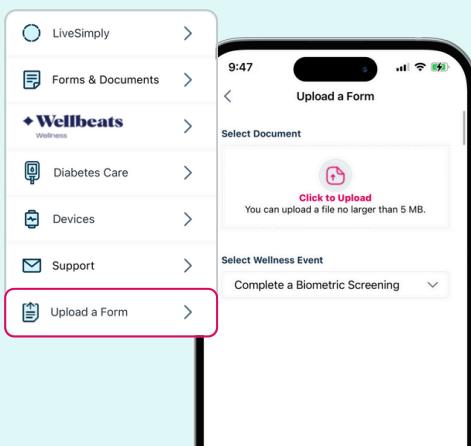
Download from Portal

Go to **Forms & Documents** via the sidebar under **My Program**. In the row of the form you need, click the download button to download the form.



Upload via Mobile App

Go to the **Upload a Form** tab in the top left menu, select **Click to Upload**, and choose the relevant event from the Select Wellness Event drop-down. Users are limited to **one (1)** file per submission.



Upload to Portal

Click **Upload Forms** on the Home page. Select the event title from the dropdown and upload your form. Users are limited to **one (1)** file per submission.

Submit Your Program Forms

Upload completed program documents such as physician or activity forms here to submit for participation credit.

Upload Forms

- > Complete a Biometric Screening
- > Tobacco Program
- > Physician Results Form 2025
- > Annual Preventive Exam
- > Vision Exam
- > Race Participation
- > Blood Donation
- > Wellbeing Log

Please Note:

Wellworks For You requires 7–10 business days to process submitted forms and update your Wellness Portal. It is your responsibility to submit all required documents, and we recommend keeping a copy for your records.



Learning Center

Explore health topics and boost your wellbeing with the e-Learning Series. Complete the full series by **October 31, 2026**. Watch videos, pass short quizzes, and unlock a new module each week. Finish with the Post-Module Survey to earn credit!

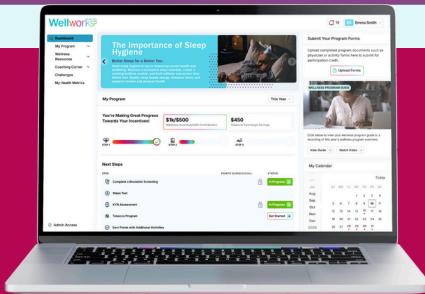
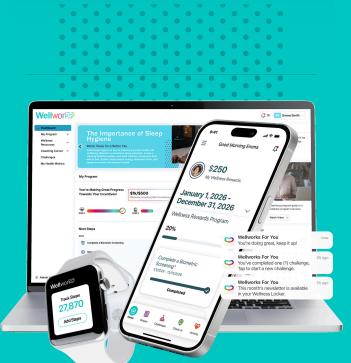
Please Note: Google Chrome is the recommended browser when viewing the Learning Center on the Wellness Portal.



Device / App Sync

Want your steps and activity to count automatically? Sync your device or app through the Wellworks For You Mobile App.

[Read the Device/App Sync Guide](#)



Log in to Your Wellness Portal

All full-time and part-time employees have their own Wellness Portal! Follow the instructions below to log into your Portal:

1. Go to www.wellworksforyoulogin.com
2. Enter your credentials (below)
3. Click **LOGIN**
4. Follow the prompts to finish setting up your Wellness Portal

Employee	
Username	Your work email address
Password	Your date of birth in MMDDYYYY
Example	UN: jdoe@terrascend.com PW: 09101975

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.



Forgot Your Password?



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