



WellPath's Know Your Numbers: 2026 Guide



Welcome to your 2026 Know Your Numbers. WellPathians will complete Know Your Numbers between August 1st and October 31st of each year. Make a plan to improve your health. Reassess the following year and make improvements to your plan.

Assess, improve, repeat!



Get started today by logging into your WellWorks Portal:

Announcing the WellWorks Mobile App and Web Portal. Activate your account (you don't need to register) now to complete Know Your Numbers for 2026. To track your participation, you must be registered on the WellWorks Employee Portal.

Download the Mobile App

Access Know Your Numbers information, submit forms, and track your progress - all in one place. Connect with your WellPath team and stay on top of your goals, right from the app.

Visit

www.wellworksforyoulogin.com





Get Started

Employees and adult dependents covered by the SRPMIC Health Care Plan are able to complete Steps 1 and 2 between August 1 and October 31, 2026. WellPathians will earn 100 WellPath points when both steps are complete. WellPathians are encouraged to complete the KYN consultation with a WellPath Coach by December 31, 2026 for an additional 50 WellPath points.

- Step 1: KYN Health Risk Assessment
Step 2: KYN Screening
Step 3: KYN Consultation

Log in to the WellWorks Wellness Portal

- Follow the steps to log in:
- Your account has been created for you.
1. Go to www.wellworksforyoulogin.com
 2. Select **Login**
 3. Accept the terms of the **Consent Form**
 4. Fill in the required information

WellworksFOR YOU

Username

Password

Login

Register

[Forgot Username or Password ?](#)

Employee	
Username Format	SR + Employee ID
Temporary Password Format	Birth date in MMDDYYYY
Example	UN: SR12345 PW: 01011981

Your Employee ID can be found on your badge, paycheck, or by contacting your benefits representative.

Please Note:
Use the temporary password for your first login only—you'll be prompted to set a new one. If you've logged in before, use your existing password.



KYN Health Risk Assessment

This evidence-based health risk assessment shows your risk for six major chronic conditions and highlights areas you can improve through lifestyle changes.

To complete:

- Log in to the [Wellworks Wellness Portal](#)
- Select My Program, then click Know Your Numbers
- Complete all questions (excluding health metrics)
- Your health metrics will be added once you complete your KYN Screening
- Your assessment will be completed once metrics are uploaded from your KYN Screening. Participation will be marked once both pieces are complete.
- Results will be visible on the Know Your Number page and your Forms & Documents.



KYN Screening

• Schedule an Onsite Screening:

- Log in to the [Wellworks Wellness Portal](#)
- Select KYN Screening, then click Schedule an Onsite Biometric Screening
- Click the Schedule or Review link to go to eHealthScreenings and schedule your screening

• Labcorp Screening:

- Log in to the [Wellworks Wellness Portal](#)
- Select KYN Screening, then click Labcorp Screening
- Click the Schedule or Review link to go to eHealthScreenings and schedule your screening
- Complete your wellness screening at a local LabCorp facility. Your lab results will be sent directly to Wellworks For You.
- If you schedule through Wellworks, WellPath covers the cost of the Labcorp Screening.

• Physician Results Form:

- Download your personalized Physician Results Form from WellWorks and take it to your visit with your Primary Care Provider (PCP) for an annual physical with lab work. All required health metrics must be collected between May 1, 2026 and October 31, 2026, and your completed Physician Results Form must be submitted to Wellworks For You by October 31, 2026.
- Submission Instructions:
 - Log in to the [Wellworks Wellness Portal](#)
 - Select My Program, then click on Forms & Documents
 - Download and print the Physician Results Form
 - Take the form to your PCP appointment
 - After your visit, upload the completed form to the portal
- Please allow time for your provider to process and document lab work. Do not directly send lab reports; only submit the completed Physician Results Form. It is recommended that you retain a copy for your records.



KYN Coaching Consultation

Once you have completed your KYN Health Risk Assessment and KYN Screening, schedule a call after two weeks with a WellPath coach to review your KYN Risk Score Report.

• How to Schedule a Coaching Session:

- Log in to the [Wellworks Wellness Portal](#)
- Select Coaching Corner, then click My Coaching
- Under Appointment Scheduling, click Schedule Coaching Session
- Follow the prompts to select a WellPath coach, view availability, and confirm your appointment
- Please note: Scheduling in advance is recommended to ensure availability.

• How to Join a Coaching Session:

- Via computer:
 - Select Coaching Corner, then click My Coaching
 - Under Appointment Scheduling, click Join Session at your scheduled time
 - Alternatively, accept the invite from the confirmation email and join via your calendar
- Via phone:
 - From the confirmation email or calendar invite, scroll to where it says "Dial in by phone"
 - Call the number provided and enter the conference ID when prompted
 - Please note: The phone number is unique to the coaching sessions and cannot be used as a callback number.



Need Support or Have Questions?

For questions about your Know Your Numbers, including your status or deadlines, please use Support inside the WellWorks App or from the web portal.

For questions about WellPath, please contact Wellness@SRPMIC-nsn.gov. You may also visit wellpath.info for more information.



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 Wellworks Team during our regular business hours.

Visit www.wellworksforyoulogin.com for general information and resources.

WellPath Support



Wellness@SRPMIC-nsn.gov



www.wellpath.info



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