



Health Without
Barriers

PROGRAM FLYERS 2026

Getting to Know Your Wellness Program

Last Updated: October 2025



Program Information

The Health Without Barriers Wellness Program is designed to help you achieve and maintain a healthy lifestyle. All requirements must be completed by **October 31** to receive the incentive. Please note, the rewards mall opens in November.

COMPLETE WELLNESS ACTIVITIES IN EACH SECTION TO EARN \$500 IN THE REWARDS MALL

Requirements to earn \$500 Incentive Deadline: October 31, 2026

Welcome Activities (Complete 4 Activities)

Complete the welcome activities to help you navigate the platform and get the most out of your wellness program!

Make Your Health a Priority (Complete all Activities)

Complete the Health Assessment and annual physical exam.

Preventive Care (Complete 2 Activities)

Participate in recommended preventive screenings.

Wellness Your Way (Complete 1 Activity)

Complete either 1,000 minutes in Wellbeats or walk 5000 steps a day for 100 days. Minutes completed in Wellbeats are uploaded on a monthly basis (during the first week of the month) for the previous month.

WellConnected (Complete 5 Interactions)

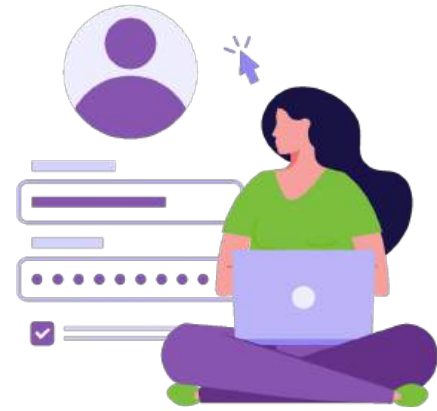
MTM partners with several vendors to bring you extra perks and wellbeing solutions, now all in one place! You might already use these vendors and others might be brand new. Log into 5 different vendors and upload a screenshot of your participation for credit.

Company-Wide Challenges (Complete 3 Activities)

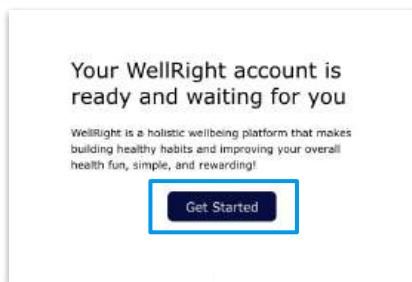
Choose three (3) of the 11 challenges to complete over the next 10 months. Each monthly challenge will open up on the 1st day of the month and must be completed by the last day of the month.

Registration Guide

Last Updated: JUNE 2025



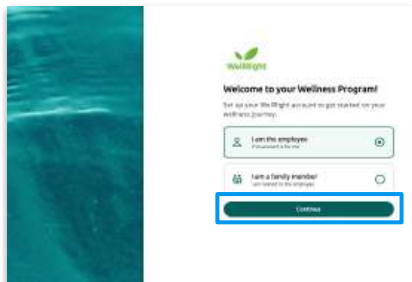
Activate your account by viewing the registration email from communications@wellright.com with the subject line, *Register now: You're invited to Medical Transportation Management's wellness program*. Links in the registration email are active for 30 days.



Step 1:

View Registration Email

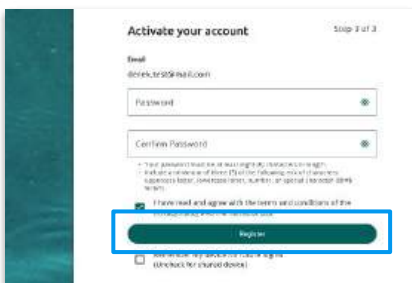
Click the "Get Started" button.



Step 2:

Registration

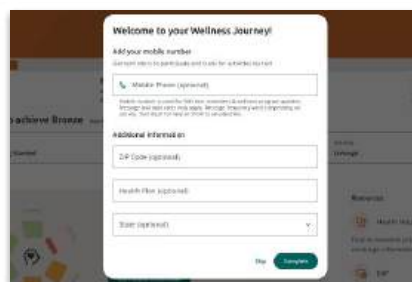
Your information will be pre-populated for you. Review your information to ensure it is correct and click "Continue".



Step 3:

Create Password and Activate

- Create a password that matches the listed criteria.
- Read and agree with the terms and conditions listed within the Privacy Policy and Terms of Use.
- Click "Register" to continue.



Step 4:

Welcome

Complete your profile or choose to skip it. You can always add this information later via My Profile.

Tell us a bit about yourself Step 2 of 3

First Name: [] Last Name: []

Date of Birth: [] Sex: []

Additional Field 1: [] Additional Field 2: []

Continue

Step 5:

Registration

- Your information will be pre-populated for you. Review your information to ensure it is correct and click “Continue”.

Activate your account Step 3 of 3

Email: daniel.terrell@wellright.com

Password: []

Confirm Password: []

Register

Step 6:

Create Password & Activate

- Create a password that matches the listed criteria.
- Read and agree with the terms and conditions listed within the Privacy Policy and Terms of Use.
- Click “Register” to continue.

Welcome to your Wellness Journey!

Add your mobile number

Mobile Phone (optional): []

Additional Information:

ZIP Code (optional): []

Health Plan (optional): []

State (optional): []

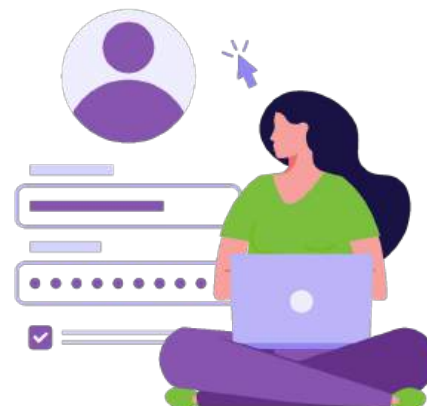
Skip

Step 7:

Welcome

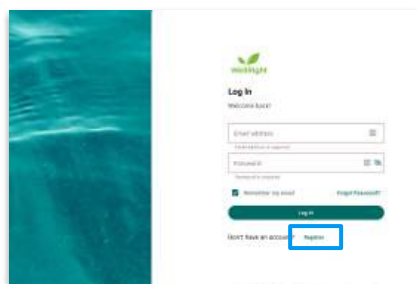
- Complete your profile or choose to skip it. You can always add this information later via your Account Settings.

Registration Guide



Last Updated: JUNE 2025

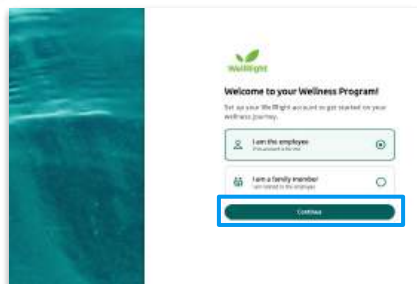
If you are not utilizing the registration email to activate your account, you can follow the steps below to register via the web.



Step 1:

Go to mtm.wellright.com

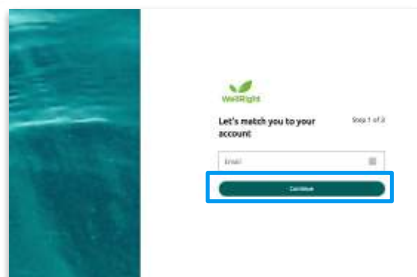
- Click “Register” within the login box.



Step 2:

Select Your Role

- Select whether you are the “Employee” or “Family member” and click “Continue”.



Step 3:

Match Your Account

- Enter your email address on file with your company and click “Continue”.

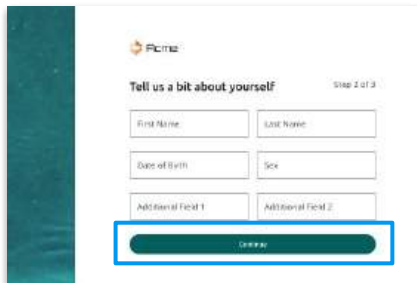


Step 4:

Check Your Inbox

- Open the “Email Verification” email and click the link to verify your account.

WEB- NO REGISTRATION EMAIL

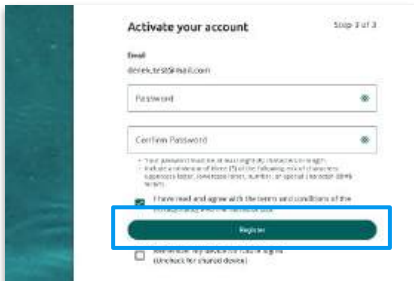


This screenshot shows the 'Tell us a bit about yourself' registration step (Step 2 of 3). The form includes fields for First Name, Last Name, Date of Birth, Sex, and two additional fields. A blue box highlights the 'Continue' button at the bottom.

Step 5:

Registration

- Your information will be pre-populated for you. Review your information to ensure it is correct and click “Continue”

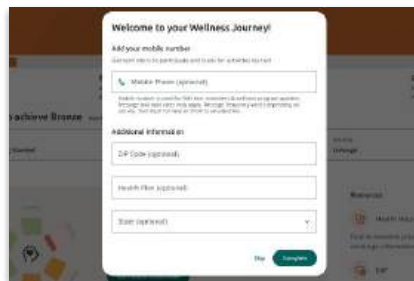


This screenshot shows the 'Activate your account' registration step (Step 3 of 3). It includes fields for Email, Password, and Confirm Password. A blue box highlights the 'Register' button at the bottom.

Step 6:

Create Password & Activate

- Create a password that matches the listed criteria.
- Read and agree with the terms and conditions listed within the Privacy Policy and Terms of Use
- Click “Register” to continue



This screenshot shows the 'Welcome to your Wellness Journey!' activation step. It includes fields for Add your mobile number, Add your phone (optional), and Additional information (ZIP Code, Health Plan, State). A blue box highlights the 'Skip' button at the bottom.

Step 7:

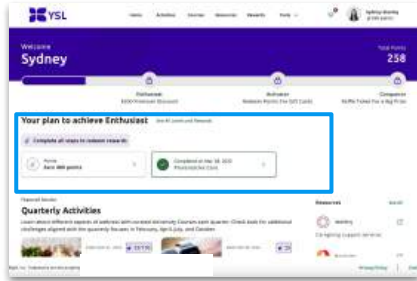
Welcome

- Complete your profile or choose to skip it. You can always add this information later via the Account Settings.

Account Setup

Last Updated: JUNE 2025

After registration, complete the steps below to set up your account via the web. Some of these features allow you to participate in the program without having to login



Step 1:

Success Plan

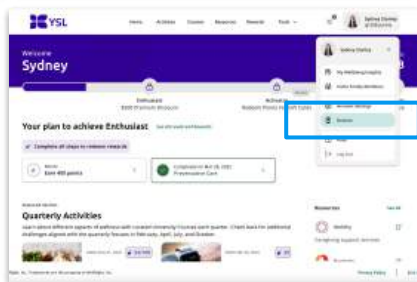
- Look at your Success Plan details to learn more about your wellness program.
- Understand what next steps to take to make progress on your program and start earning points for rewards.



Step 2:

Mobile App

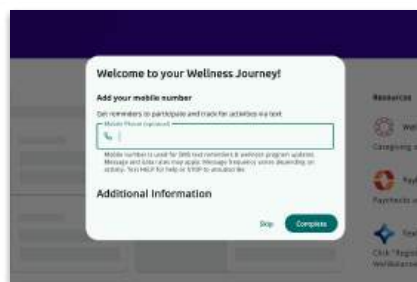
- Download the WellRight app in the Apple App Store or Google Play to access your wellness program no matter where you are.



Step 3:

Fitness Device / App Setup

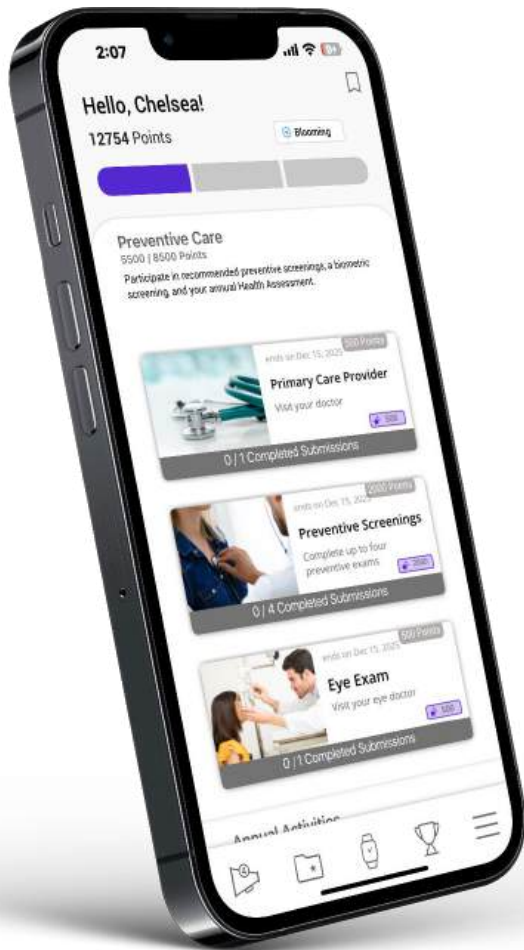
- On the home screen, go to your profile and select "Devices" in the dropdown menu.
- Find your device and click "Connect".
- Sign in to your fitness device account to grant access.
- Your device data will automatically connect to your account and update any applicable activities' progress.



Step 4:

Text Reminders

- Add your mobile number to your Account Settings.
- Go to the "Tracking" tab on an Activity Details page, and toggle the Text Reminders button to set up text tracking.
- Select which days and times you'd like to receive reminders and click "Save Changes".
- Reply to the text to track your progress.



WELCOME TO THE

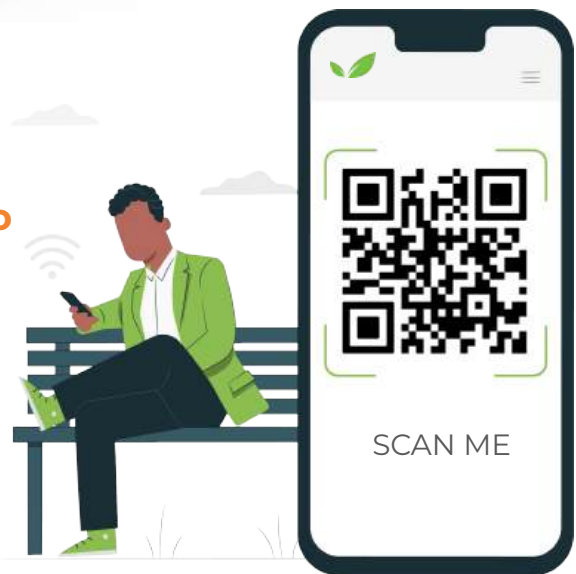
WellRight Mobile App

Your Wellness Journey, Your Way—
Even when you're on the go.

Download the Mobile App

- Search for the WellRight App in the App Store or Google Play.
- Log in with the same email and password you use on the web.

Scan the QR Code to access all of
the WellRight platform features no
matter where you are.



Access all of the platform features no matter where you are.

- Complete the health assessment.
- Track your activity progress.
- Set up text tracking.
- Sync a fitness device.
- View your Health Profile.
- Complete a University course.
- Add a personal challenge.
- Review your Summary Report.

Text Tracking

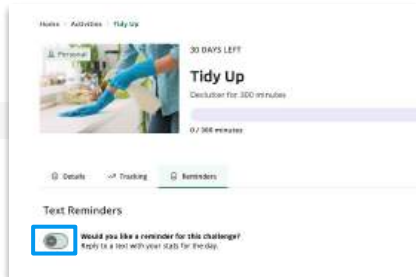
Last Updated: JUNE 2025



Step 1:

Set up Text Reminders

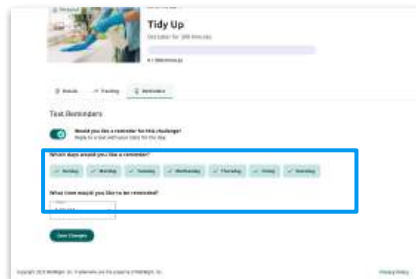
- Go to the “Reminders” tab on an Activity Details page, and toggle the Text Reminders button to set up text tracking.



Step 2:

Schedule Texts

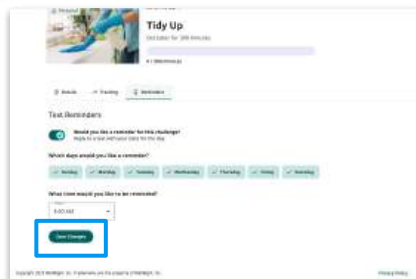
- Select which days and times you'd like to receive reminders.



Step 3:

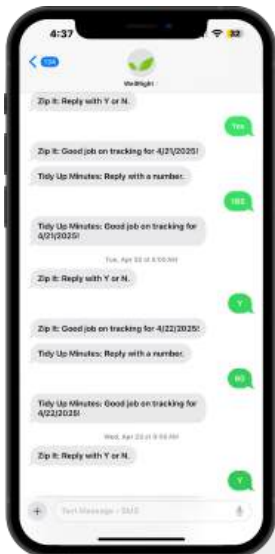
Save Changes

- Click the “Save Changes” button to start receiving reminders.



Tips and Tricks for Text Tracking

- Skip:** Reply “SKIP” to skip a specific activity’s text reminder.
- Ignore 3 texts in a row:** By not responding to 3 text reminder prompts in a row, text reminders will automatically be turned off.
- Stop:** Reply “STOP” to turn off text messaging. Users can turn them back on in the Account Settings.
- Help:** Reply “HELP” to be directed to WellRight Support.

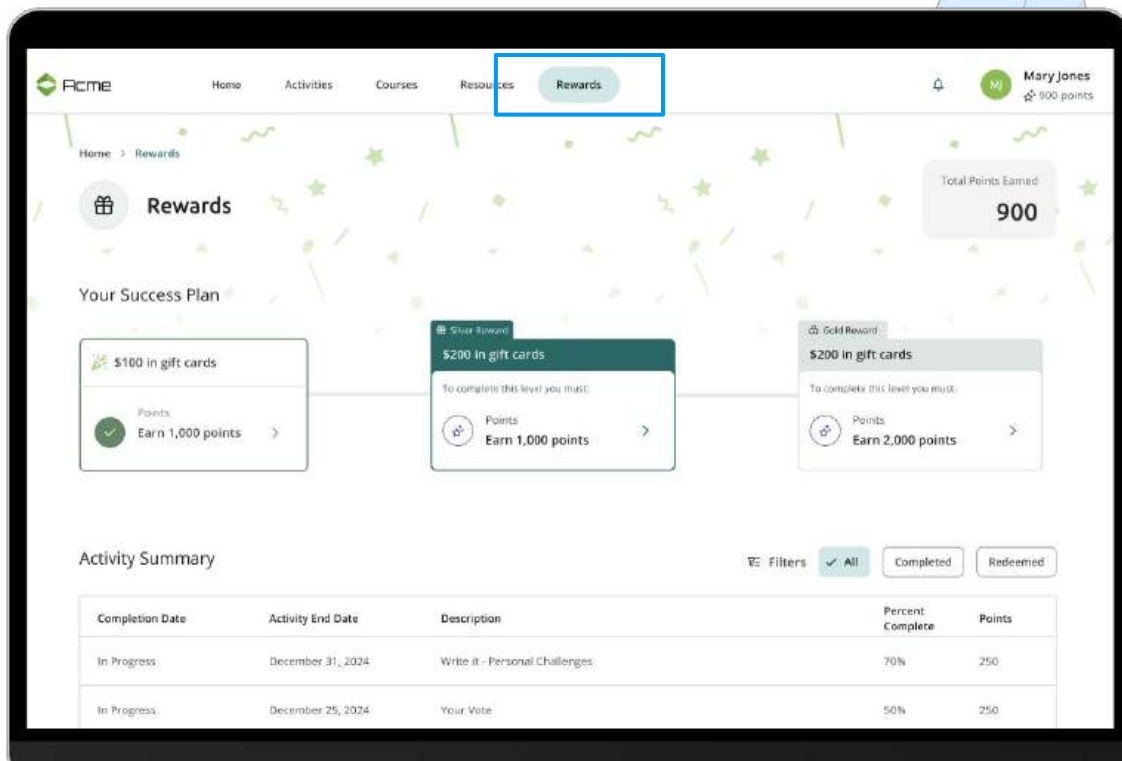


WEB

Rewards Page

Last Updated: JUNE 2025

Click into the Rewards tab in the top navigation to see the progress you're making on your wellness journey. The Activity Summary shows all of the activities you've completed and how many points you've earned.



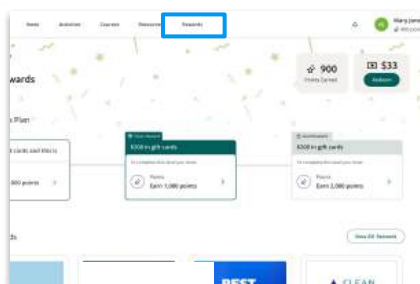
Reference Key

- **Points Earned:** Box on the top right of the page shows your total points earned.
- **Success Plan Progress:** See your current progress in the Success Plan with actionable links to complete each step.
- **Activity Summary:** Get an instant picture of all the activities you've completed and any points you've redeemed using the Completed and Redeemed filters in the Activity Summary.

Rewards Mall

Last Updated: JUNE 2025

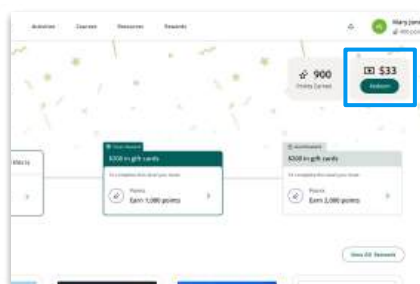
Wellness can be fun—and even more so when you get rewarded for it! Ready to redeem your points? Head to your profile and select Redeem Rewards.



Step 1:

Navigate To The Rewards Mall

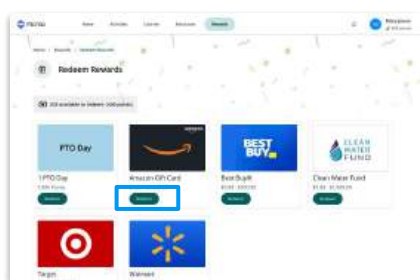
- Click on the “Rewards” tab in the top navigation.
- The Total Points Earned and Redeemable amount show at the top right.



Step 2:

Redeem Your Rewards

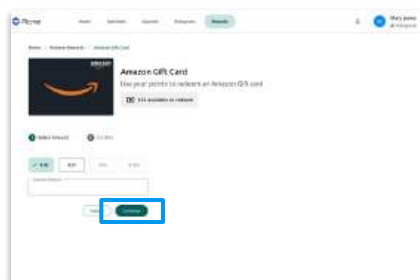
- To redeem rewards, click the “Redeem” button on the top right, the “Redeem” button on any of the top four reward options, or “View All Rewards”.



Step 3:

View All Reward Options

- The “Redeem” button and “View All Rewards” button lead to the all the choices available.
- Once a reward is chosen, click on that rewards “Redeem” button.



Step 4:

Finalize Reward Redemption

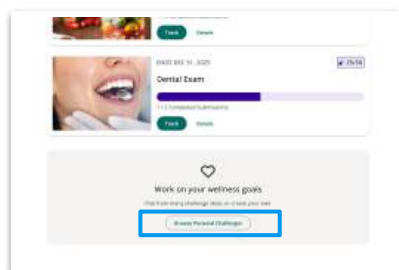
- Select the amount and then click “Continue.”

Peer-To-Peer Challenges



Last Updated: JUNE 2025

Peer-to-Peer Challenges can be an excellent way to stay on top of your goals by inviting others to participate with you in personal challenges and act as accountability partners. .



Step 1:

Add A Personal Challenge

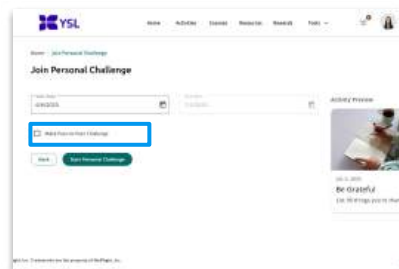
- Scroll down to the bottom of your home screen.
- Click the “Browse Personal Challenges” button to select a personal challenge.



Step 2:

Select A Challenge

- Browse challenges using filters or alphabetically.
- Click the challenge you'd like to participate in and click “Continue”.



Step 3:

Invite Peers

- Select the date you'd like to start the challenge and click the “Make a Peer-to-Peer Challenge”.
- Type the name of the person(s) you would like to join you in the challenge—this person(s) must have an active account.
- Click the “Start Personal Challenge” button.



Step 4:

Accept Invitations

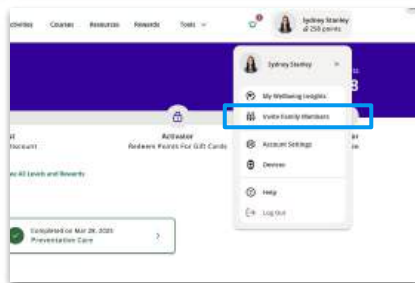
- Invited participants can accept or decline invitations via email or in the challenge. Once the challenge has been accepted, the flag will change to “Peer” for you and the invitee.

Invite Family

Last Updated: JUNE 2025



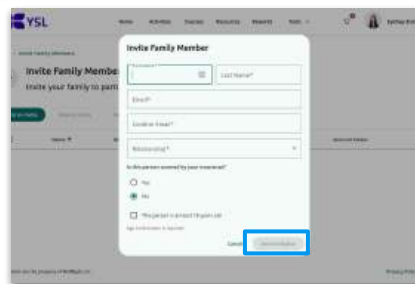
Invite family members to participate alongside you in the wellness program. Family members can be great accountability partners and may be able to earn incentives if applicable to your program.



Step 1:

Select “Invite Family Members”

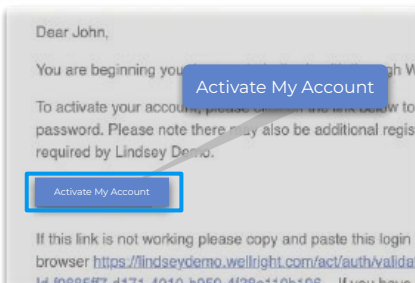
- Hover over your profile icon on the top right of your screen and select “Invite Family Member” from the drop down menu.



Step 2:

Complete Information

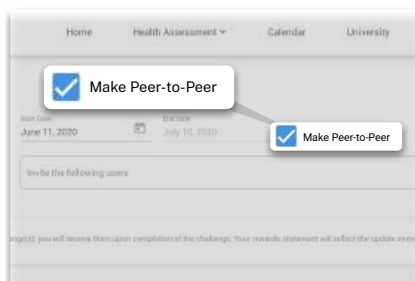
- Click “Send an Invite” and complete the family member’s information in the required fields, then click “Send Invitation”.



Step 3:

Accept Invitations

- Your family member will receive an email with instructions to complete their registration.



Step 4:

Encourage Each Other

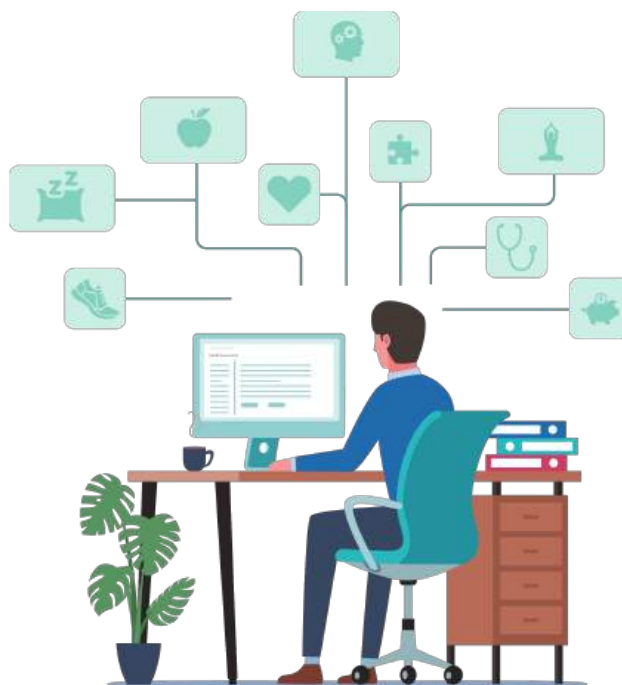
- **Get well, together!** One way is to create Peer-to-Peer personal challenges.

COMPLETE YOUR

Health Risk Assessment

Last Updated: JUNE 2025

Get an understanding of your health status and risk areas by answering the health risk assessment. Your results include your health age and targeted recommendations for behavior-changing activities, digital education, Well Paths, incentives, and coaching.



Step 1:

Log In Via the Web

- Click on the “Start Health Assessment” on the home page to begin the Health Assessment.

Step 2:

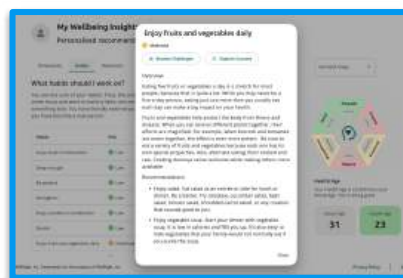
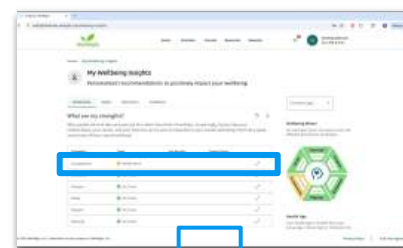
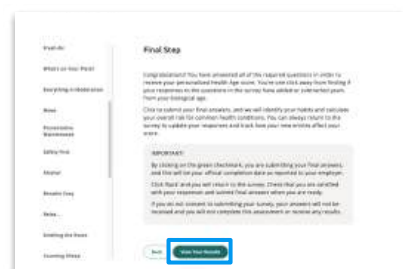
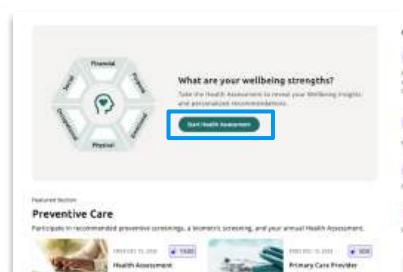
Complete Your Assessment

- Answer each question to the best of your knowledge.
- After completing the Health Assessment, click “View Your Results”.

Step 3:

View Your Results

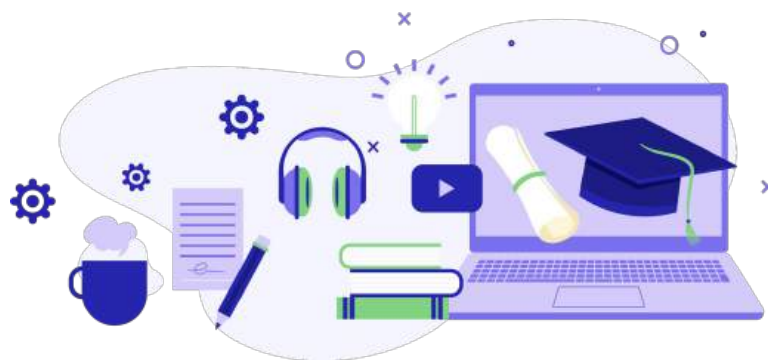
- Instantly get an easy-to-understand visual representation of your health risk levels.
- See your Health Age compared to your actual age.
- Get an overview of the recommendations by clicking on any row or the expand arrows.
- Click the “Browse Challenges” or “Explore Courses” to see personalized activities and courses on the selected health topic.



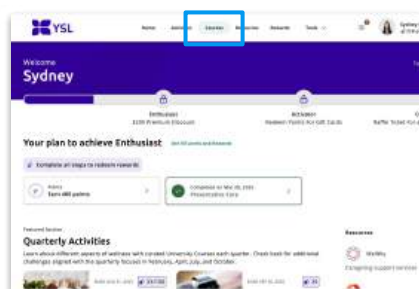
WEB

Courses

Last Updated: JUNE 2025



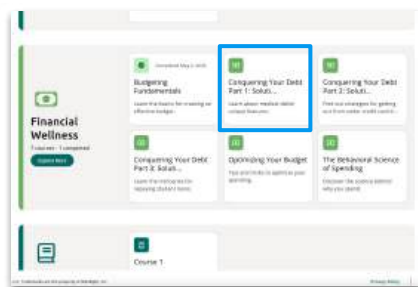
Expand your knowledge by exploring over 270 courses on a wide range of topics in every dimension of wellness, from mental health to preventive care and beyond. These short courses give you the flexibility to learn at your own pace.



Step 1:

Courses

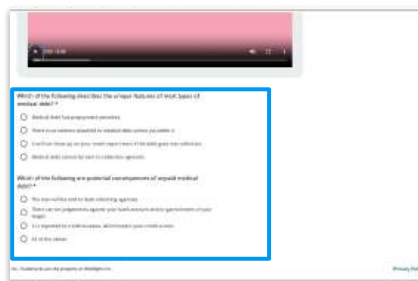
- Click on the Courses tab in the top navigation bar



Step 2:

Select The Course

- Search by keyword or scroll by curriculum category.
- When you see the name of the course you want, just click on it.



Step 3:

Take The Course

- Watch the course video or read the included article.
- Answer the questions to test your understanding of the content.



Step 4:

Congrats!

- After you answer the course questions, submit your answers.
- Once you've completed the course with a 70% or higher, you'll finish the course and have the option to explore more courses.

Your Wellbeing Insights compile your health assessment responses and biometric screening results (if applicable) to provide an overview of your strengths, areas of improvement, and personal recommendations from the platform. To view your WellBeing Insights on the web, click on your profile and select “My Wellbeing Insights” in the drop-down menu.

