

2026 ARHAUS

WELLNESS PROGRAM GUIDE

Questions?

513-751-1288

HAT@integratedhealth21.com

HealthWorks
Building Healthy Worksites

INTEGRATED HEALTH 21

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Welcome to the Arhaus Wellness Program!

Program Details:

We've partnered with HealthWorks/Integrated Health 21 to create a wellness program to help you feel motivated, earn incentives, and improve your overall health.

Incentives:

Our Wellness Program is designed to support you in making healthy choices, improving your overall wellbeing, and building long-lasting habits that enhance your energy, focus, and drive. In addition to improving your wellbeing, Associates who participate in the program and are covered under the Arhaus medical plan have the opportunity to reduce medical insurance premiums by earning points through the wellness portal. Points are structured across three tiers, with 30 points being the target to maximize your incentive. Points earned in 2026 will be applied toward 2027 medical premiums. The specific value of the incentive will be determined during Open Enrollment, once the 2027 rates are finalized. Newly hired associates will receive the full wellness incentive discount for 2026.

Points	Wellness Credits
10 Points	1 Wellness Credit
20 Points	2 Wellness Credits
30 Points	3 Wellness Credits

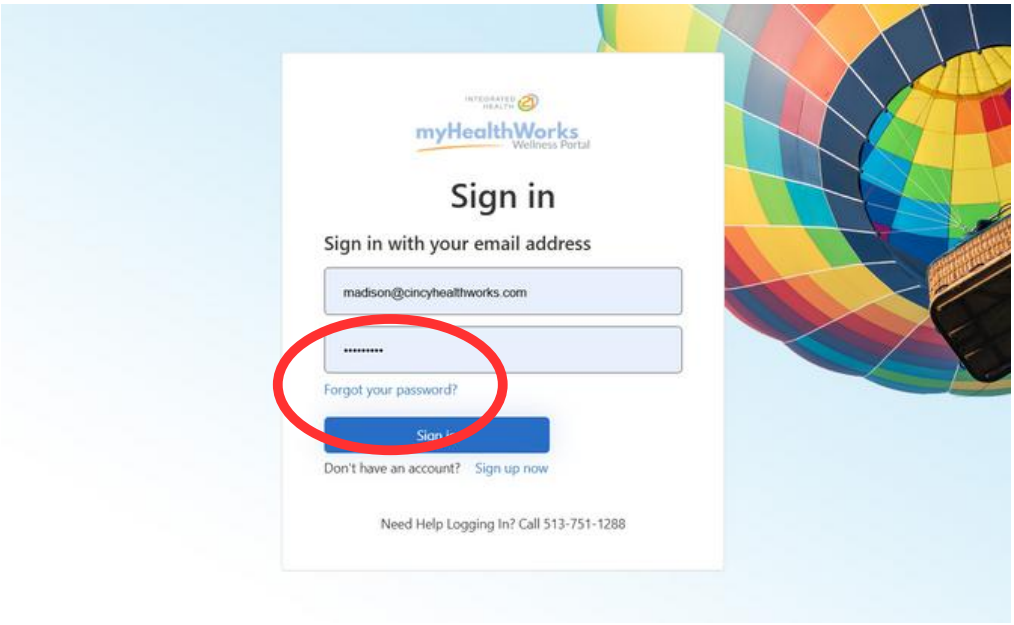
Associates participating who are not on the medical plan, can still earn prizes for reaching these point levels.

How to Participate:

Participate through the myHealthWorks Portal! This program guide includes instructions on how to login, navigate the myHealthWorks Portal Dashboard, and access all activities and resources included in your program.

Wellness Portal
How to Login

Welcome to the **myHealthWorks** portal. This is where you will access many of the activities included in the Arhaus Wellness Program.



TO SIGN IN FOR THE FIRST TIME:

- Go to **myHealthWorksportal.com**
- **Username:** the email your company has on file for you
- **Create Password:**
  - Click the "Forgot Password" link
  - Check your email & follow prompts to create a unique password
- **Login with username and new password**

NEW HIRES (Follow these steps if you have a start date after **3/1/2026**)**:**

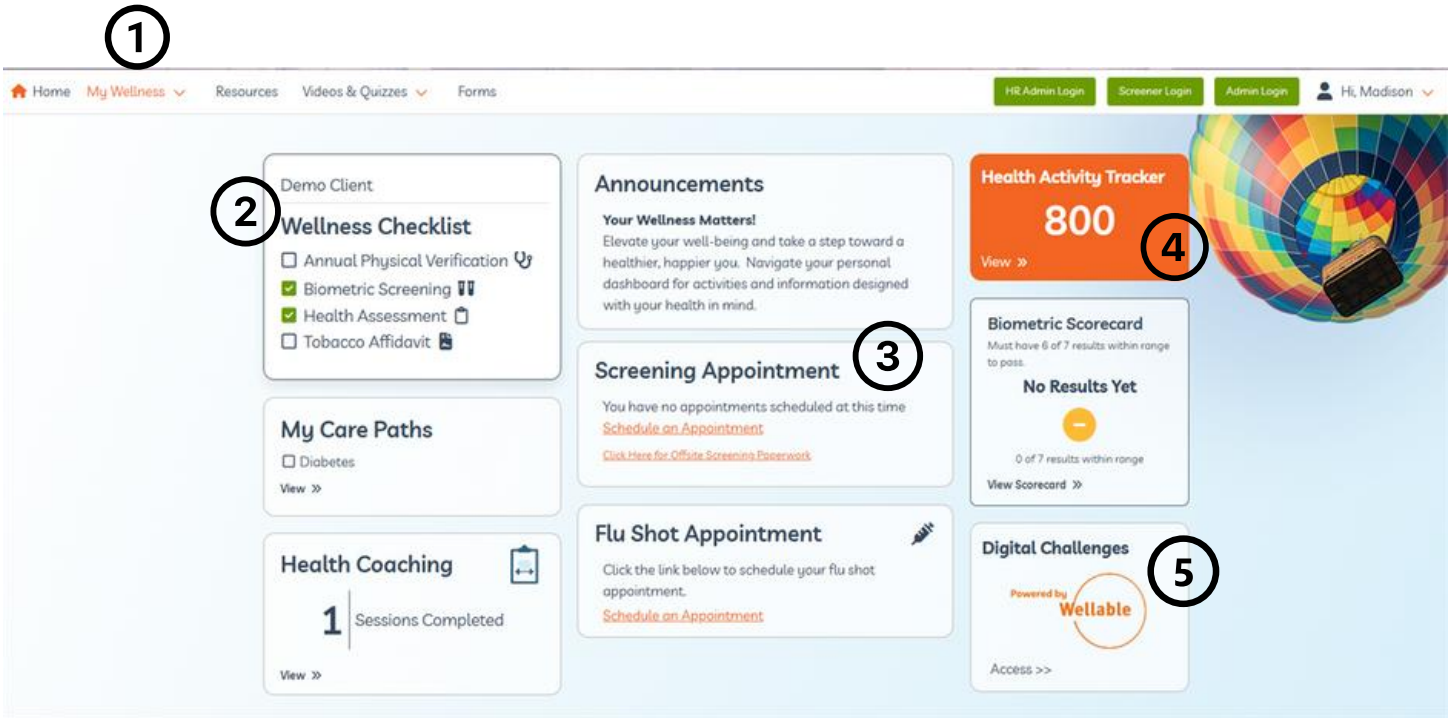
- Go to **myHealthWorksportal.com**
- If you haven't already, click **'Sign up now'** & create an account
- (Note: input your name as it appears on your insurance card)
- A verification code will be sent to the email you provide
- After your account has been verified, you will be prompted to enter your company's ACCESS CODE: **WHR4A**

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Click here for a video walking through these instructions!

Wellness Portal
Personal Dashboard

View the resources and activities available in the Arhaus Wellness Program.



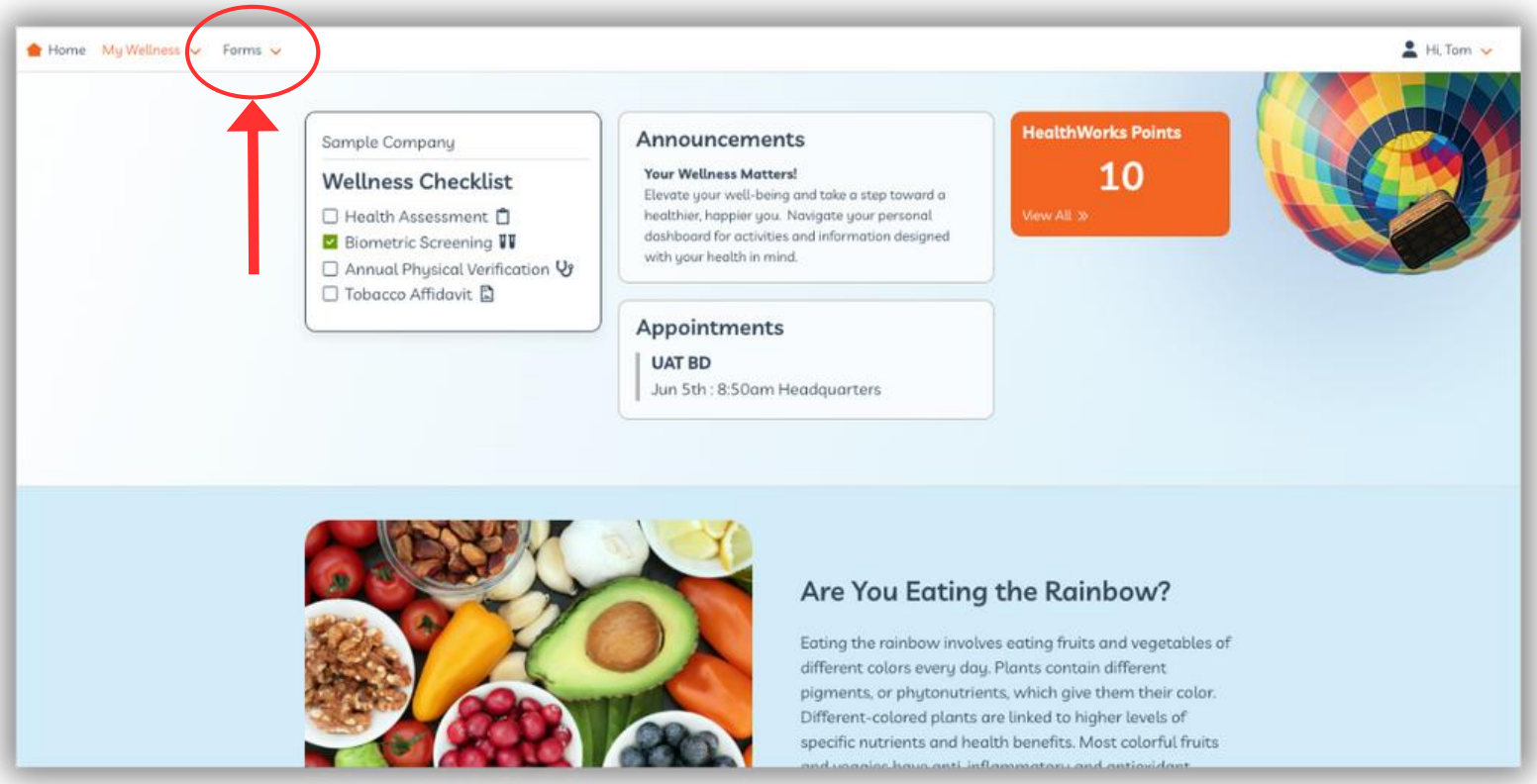
1. **Navigation Bar** - click the headers to access activities and resources
2. **Wellness Checklist** - all the activities required in your program
3. **Appointments** - click to make an appointment for an onsite screening
4. **Health Activity Tracker** - click to see activities that let you accrue points
5. **Challenges** - click to create Wellable account to participate in wellness challenges

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Guide to Offsite Screening Forms

How to Download Offsite Forms:

- Go to www.myhealthworksportal.com & Login
- Go to your personal dashboard
- Click the **Forms** link in the navigation bar
- Download and print the desired form to go to either LabCorp or your doctor's office *(your program may offer one or both of these options)*
- **Don't forget to take your form with you to your appointment!**

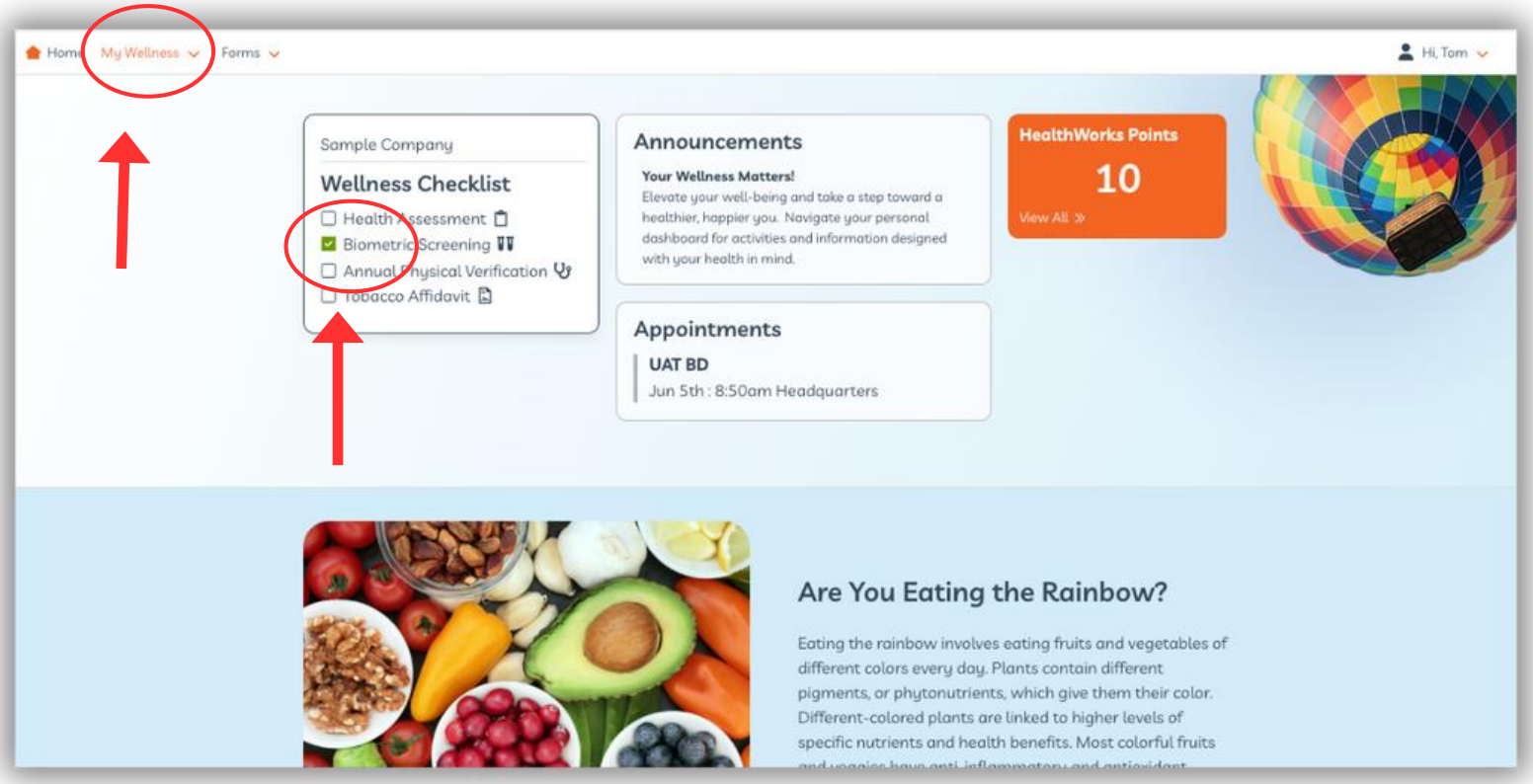


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View Biometric Screening Results

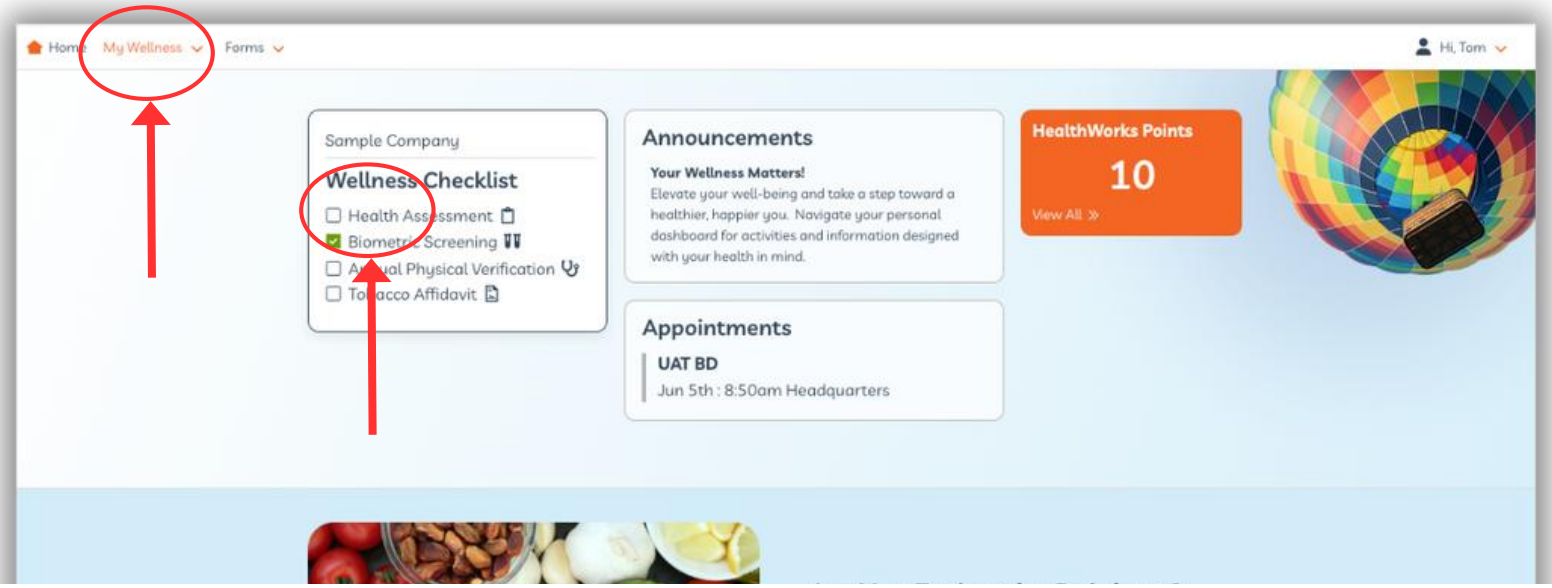
How to View Your Results:

- Go to www.myhealthworksportal.com
- Login and go to your personal dashboard
- Click **Biometric Screening** under your Wellness Checklist or click on **My Wellness>Biometric Results** in the navigation bar
- If your results are ready to view, click **View Results**



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Take Your Health Assessment



How to View Your Results:

- Go to www.myhealthworksportal.com
- Login and go to your personal dashboard
- Click **Health Assessment** under your Wellness Checklist or click on **My Wellness>Health Assessment** in the navigation bar
- Click **Take Assessment** to answer questionnaire





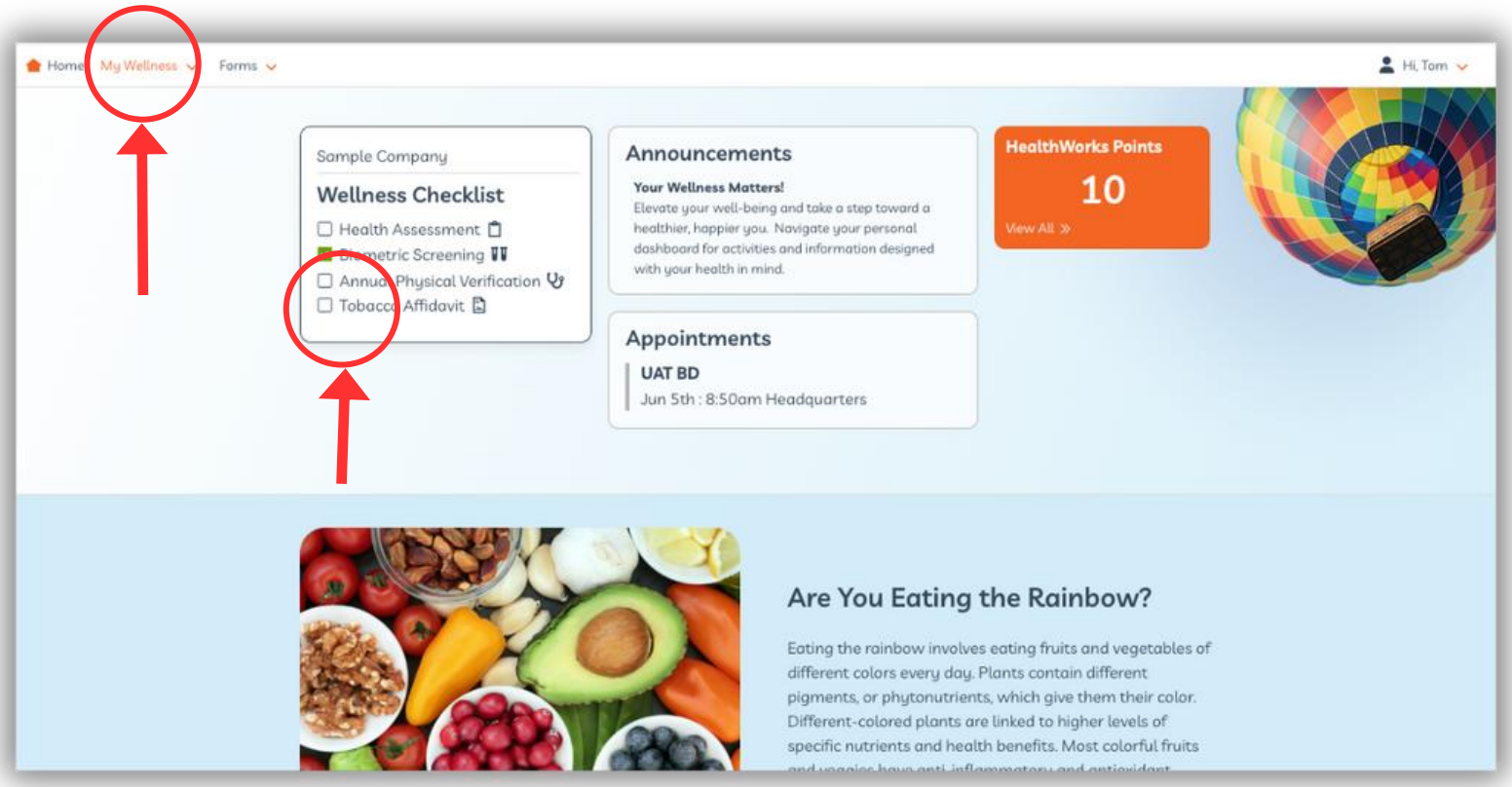
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Complete a Tobacco Affidavit

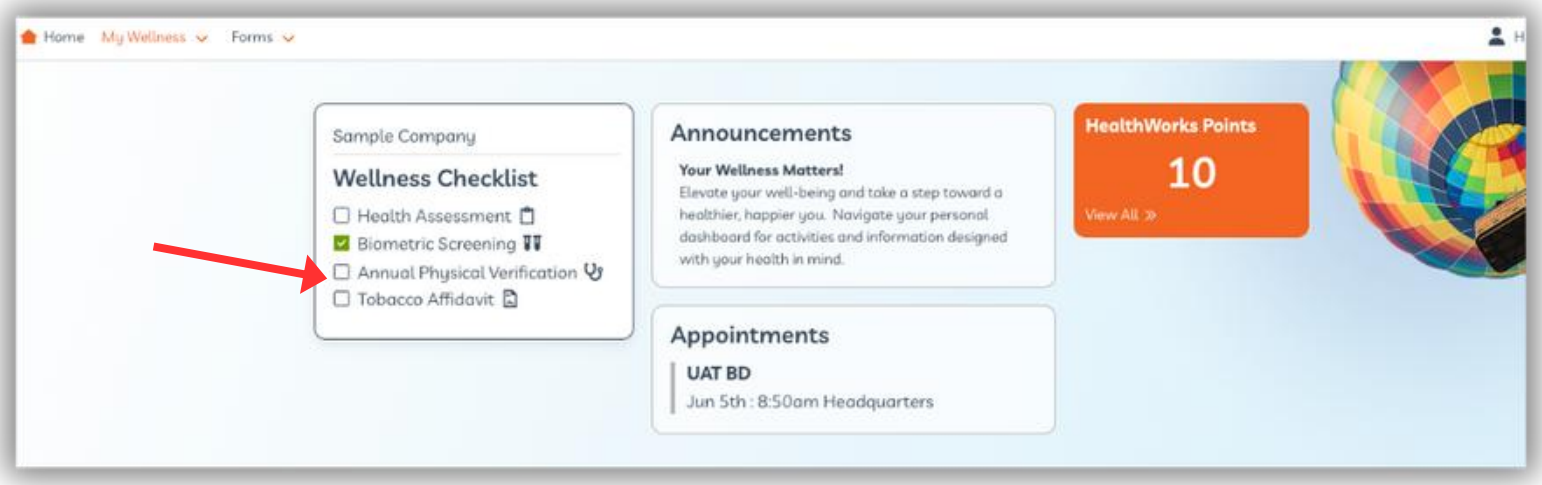
- Go to www.myhealthworksportal.com
- Login and go to your personal dashboard
- Click **Tobacco Affidavit** under your Wellness Checklist or click on **My Wellness>Tobacco Affidavit** in the navigation bar
- Complete the affidavit and click submit



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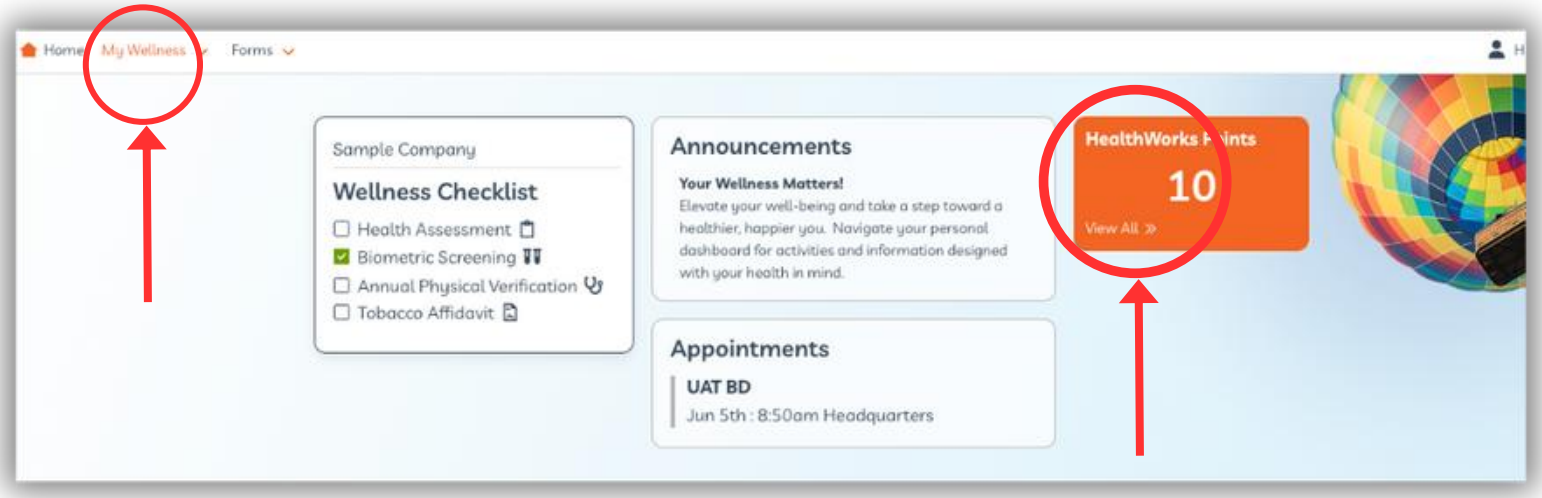
Submit Annual Physical Verification

1.Go to www.myhealthworksportal.com & login to your personal dashboard
2.Click on the **Annual Physical Verification** Link on your Wellness Checklist
3.Upload the APV document completed by your doctor within the program dates.
4.The APV document is found in the **Forms** tab



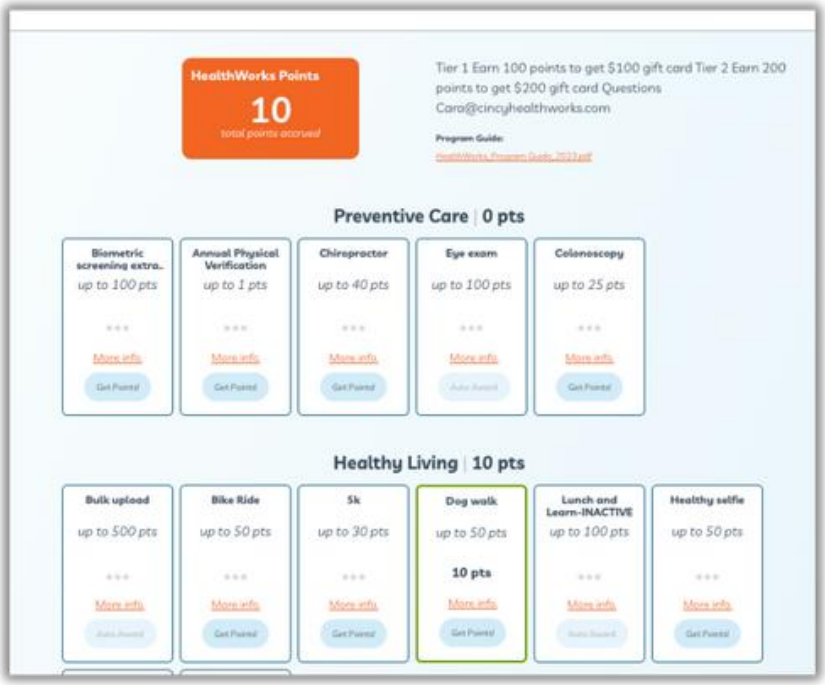
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Access the Health Activity Tracker



How to View Your Activities & Points:

- Go to www.myhealthworksportal.com & login to your personal dashboard
- Click on the orange **Health Activity Tracker** tile to get to your company's wellness activities & point values page
- Dates and deadlines are listed at the top of the page
- Activities are either self-reported, automatically awarded, or require proof for verification
- Click **More Info** on each activity for details
- Click the **Get Points** link to upload proof or self-report
- Watch the orange HealthWorks Points tile for your total points



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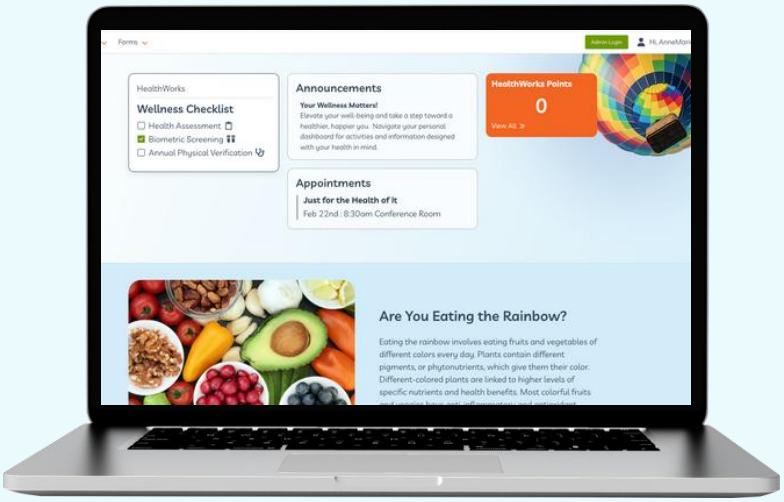
OR: email Help@integratedhealth21.com

Earn Points in Your Health Activity Tracker (HAT)

Complete **healthy activities** found in the HealthWorks portal: get points!

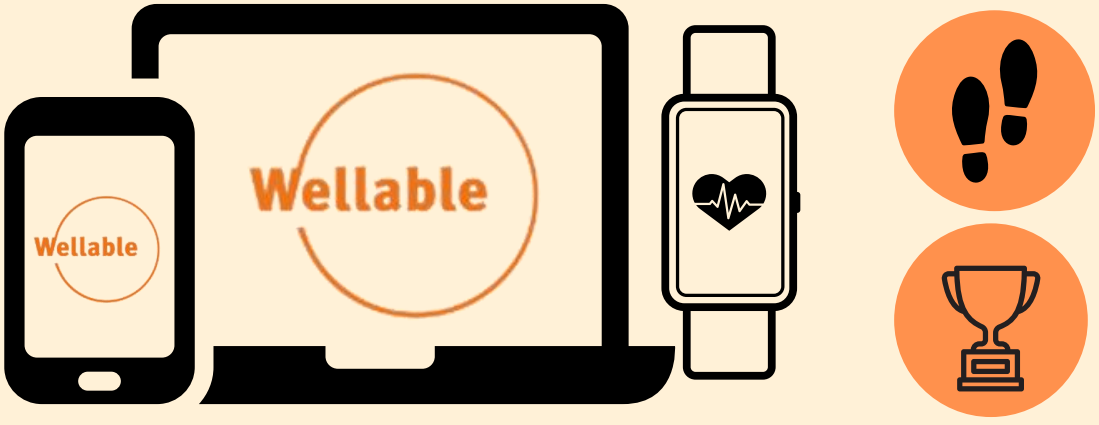
Complete **preventive screenings** found in the HealthWorks portal: get points!

BONUS: Wellable notifies us when you complete a challenge and we award you HealthWorks Points in our portal



How Using Wellable Boosts Your HealthWorks Points

Use the Wellable platform to complete digital wellness challenges and healthy activities. They'll let us know when you have completed a challenge -- and we'll give you HealthWorks Points in our portal!

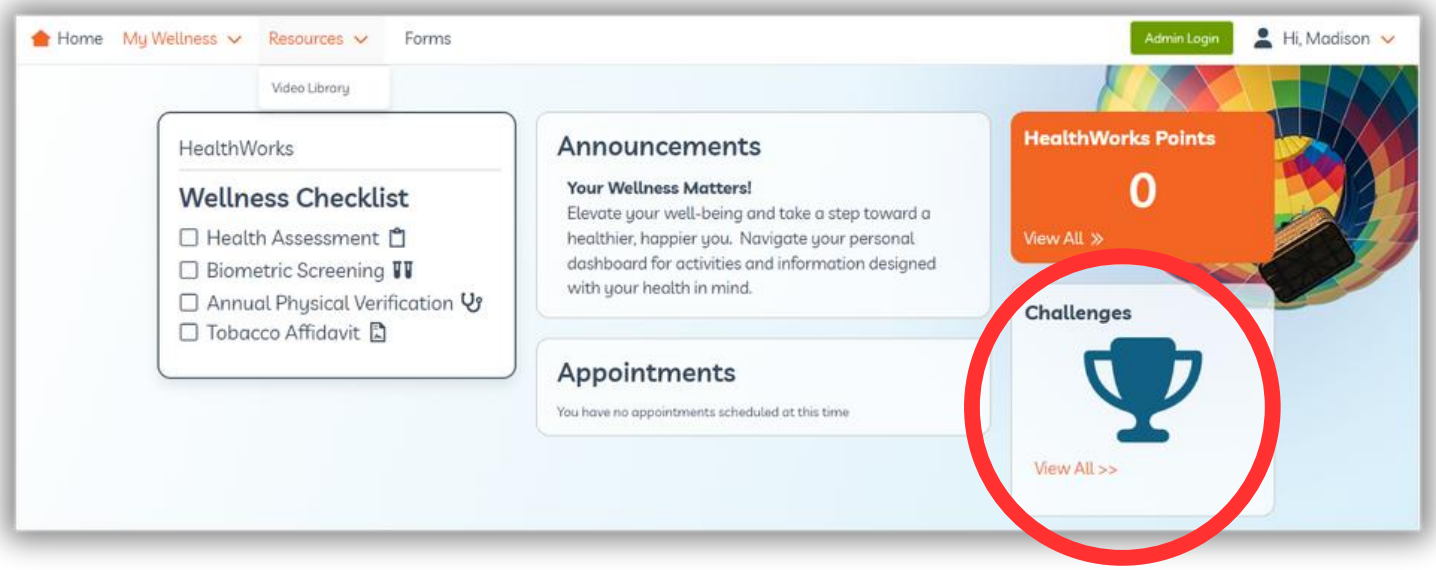


Wellable App | Wellable Online | Sync Your Device

Sign Up for Wellable

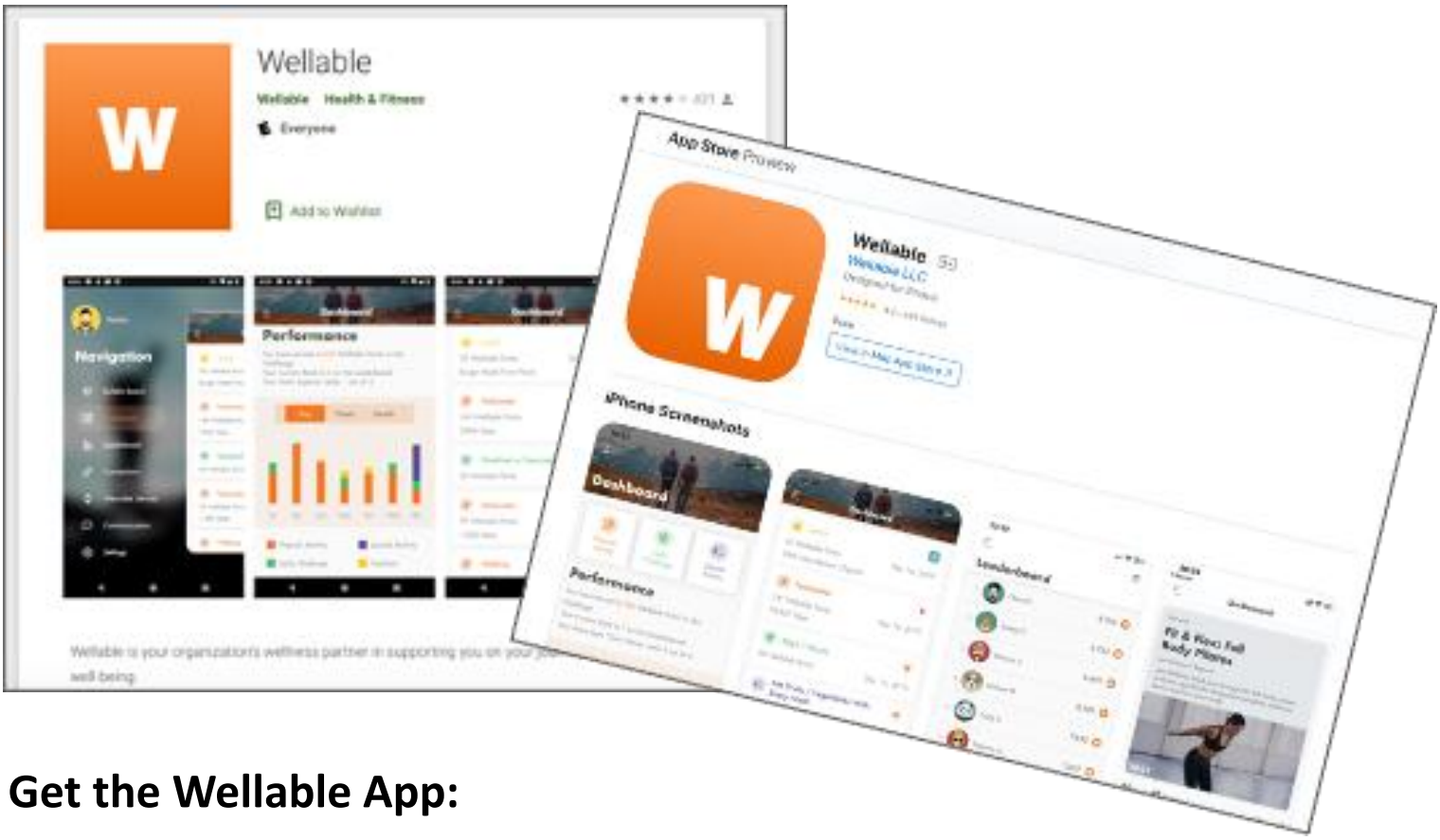
Create a Wellable Account:

- Go to www.myhealthworksportal.com & login to your personal dashboard
- Click on the **Challenges** tile and fill out your information
- You will receive an onboarding email with next steps. Follow the prompts in the email to create your Wellable account
- Having a Wellable Account allows you to participate in Wellness Challenges throughout the year. During and between challenges, you can track steps/physical activity and access online webinars, fitness videos and a recipe library



App Questions? Email: support@wellable.com

Get the Wellable App



Get the Wellable App:

- You can participate/access in challenges on your laptop or mobile device
- On your laptop, login at https://app.wellable.co/
- OR – download the Wellable App and participate through the app
- Wellable App is available for iPhone and Android
- Go to the Apple App Store or Google Play to download the App

App Questions? Email: support@wellable.com

Navigating the Wellable App



How To Log In To The Wellable App

To get started and participate in your organization's wellness program download the free Wellable app for iPhone or Android. To log in, please reference the instructions in the Welcome To Wellable email you previously received. Enter the username and temporary password provided in the email on the Sign In Page of the Wellable App to access your User Account.

Dashboard

The Dashboard page of your User Account provides detailed information about your personal performance in your organization's Wellable wellness program, including Wellable Points earned, current rank on the Leaderboard, an interactive graph of Wellable Point trends broken out by day, week, and month, and an Activity Log detailing your healthy behaviors tracked through Wellable.



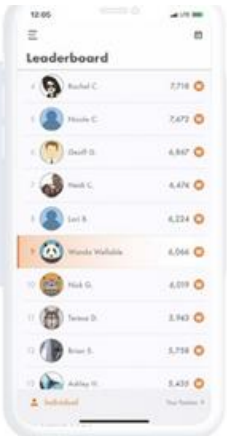


Bulletin Board

The Bulletin Board page of your User Account provides detailed information about your organization's Wellable wellness program and/or period Challenges, like the duration, how to earn Wellable Points, and ways to win prizes.

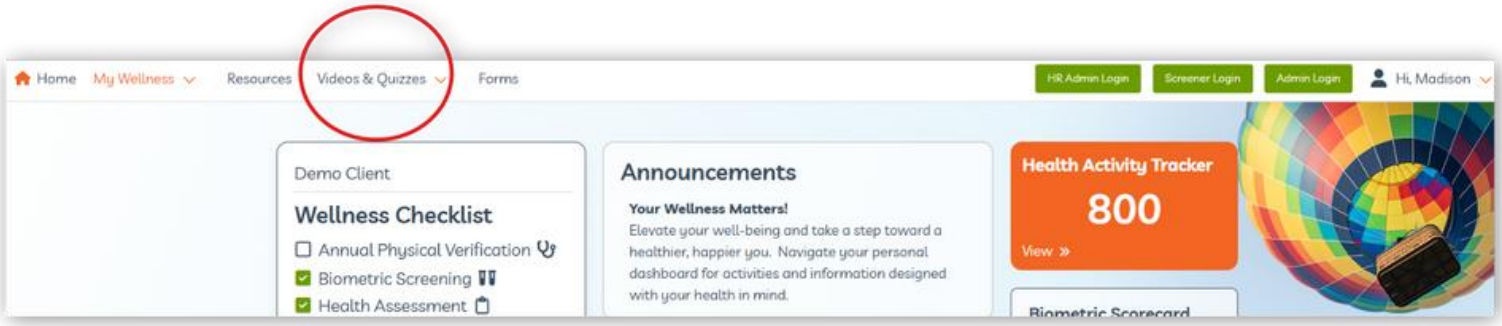
Leaderboard

See where you rank among your colleagues by using the individual and team leaderboards to spur "healthy" competition.



App Questions? Email:
support@wellable.com

Access Videos & Quizzes



How to View Videos and Take the Quiz:

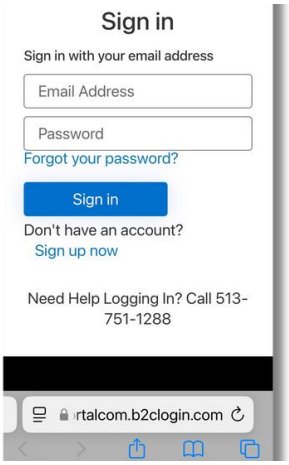
- Go to **www.myhealthworksportal.com** & Login
- Go to your personal dashboard
- Click **Videos & Quizzes**
- Watch the video
- Take the Quiz after the video to show record of completing

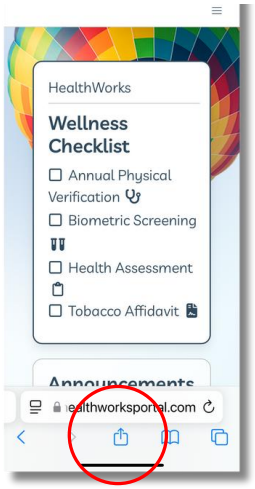
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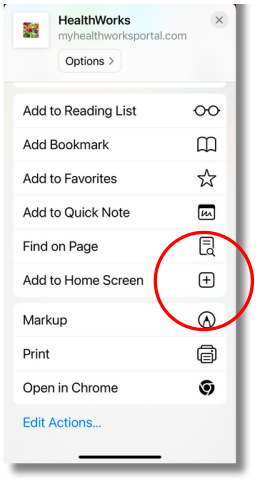
Add the myHealthWorks Portal to Your Mobile Home Screen

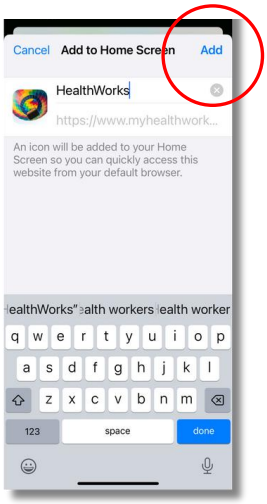
iPhone:

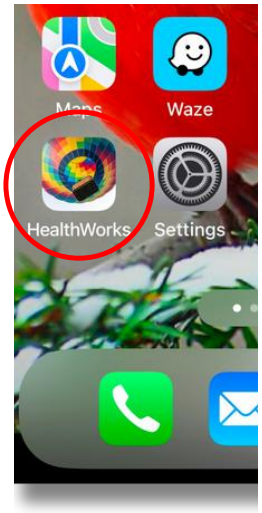
1. **Scan the QR Code** and login to the myHealthWorks portal
2. From your personal dashboard, click the icon
3. Scroll to find **'Add to Home Screen'** - click the + sign
4. Click **'Add'** on next screen
5. myHealthWorks icon (balloon) will now appear on your home screen





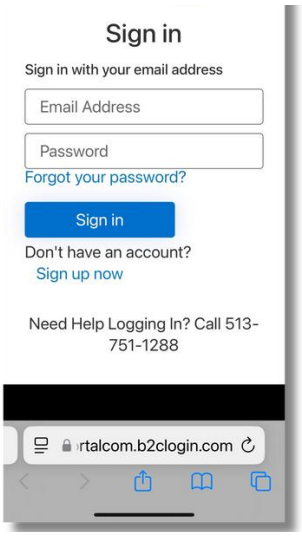


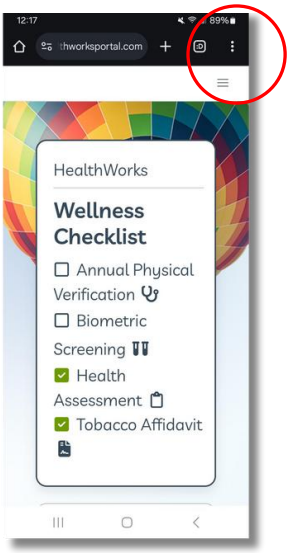


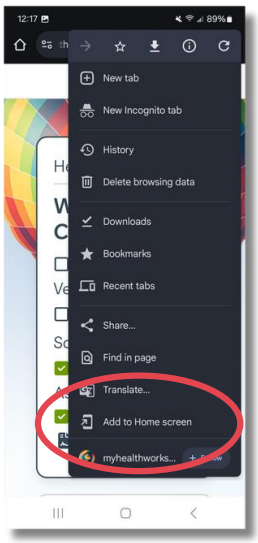


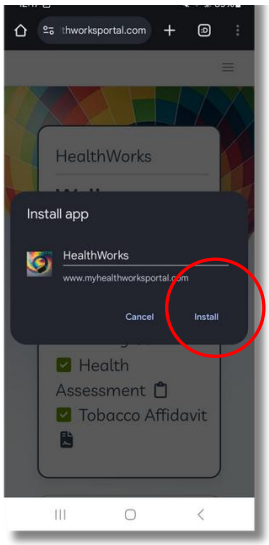
Android:

1. **Scan the QR Code** and and login to the myHealthWorks portal
2. Follow the screenshots below:











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