

2026 Annual Wellness Requirements



4 Steps to be in GPA's Wellness Program

All Wellness Requirements are open July 21 through November 7.

1

Health Risk Assessment HRA

Located on Healthgram's website for both employee & covered spouse.

Employees and spouses will need to log in to Healthgram's website (members.healthgram.com). Enter the username and password you created at your first Health Risk Assessment login. If you've never logged in, click on the "Need to Register?" link underneath the login button. For assistance with the portal, contact Healthgram Customer Service at 1-866-904-9081.

2

Online 2026 Wellness Agreement

Located on Healthgram's website (members.healthgram.com) for employee only.

3

Screening Biometrics & Lab Work

Employee & covered spouse can complete screening with a Primary Care Physician.

Results can be provided to Employee Health Services only on the Health Screening form available at Employee Health Services.

Preparing for your screening

Fast for 12 hours prior to your appointment. No food, gum, or mints

Prior to your screening, drink at least 2 glasses of water

Take only medications that can be taken on an empty stomach with water

After all above requirements have been completed, call 912-964-3870 to schedule your Wellness Evaluation.

4

Wellness Evaluation

GPA's Nurse Practitioner will complete Evaluations for all employees.



HealthgramTrax, found at members.healthgram.com, will track all your wellness requirements to make sure you and your spouse (if applicable) have completed all necessary requirements to qualify for your premium discount.

