



# 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](https://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](https://members.healthgram.com)) for employee only.**

3

## Screening Biometrics & Lab Work

**Employee & covered spouse can complete 1 of 2 ways**

St. Joseph's/Candler Screening located in the HR Training Center. Available screening dates and times located on back. Go to <https://SJCHS.as.me/GPA>

or

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](https://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.



# Waterfront Wellness Onsite Screenings are in the HR Training Center.

Dates	Times
Tuesday, July 29	05:30 - 09:45
Wednesday, August 6	05:30 - 09:45
Thursday, August 14	05:30 - 09:45
Wednesday, August 20	05:30 - 09:45
Wednesday, August 20	16:00 - 18:30
Thursday, August 28	05:30 - 09:45
Friday, September 5	05:30 - 09:45
Friday, September 12	05:30 - 09:45
Wednesday, September 17	05:30 - 09:45
Friday, September 26	05:30 - 09:45
Tuesday, September 30	05:30 - 09:45
Tuesday, September 30	16:00 - 18:30
Thursday, October 9	05:30 - 09:45
Wednesday, October 15	05:30 - 09:45
Tuesday, October 21	05:30 - 09:45
Wednesday, October 29	05:30 - 09:45



## Schedule Your Appointment

Scan the QR Code or  
visit <https://SJCHS.as.me/GPA>  
to schedule your appointment.



## Free \$25 Amazon Gift Card

**For the first 400 employees that  
complete ALL requirements**

With over 900 GPA employees being enrolled in  
our Wellness Program, we encourage you to take  
advantage of finishing your requirements early.