

# 2027 Annual Wellness Requirements

5 Steps to be in GPA's Wellness Program



**All Wellness Requirements are open July 20 through November 6.**

**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 2027 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 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.

**4**

## **Screening Tobacco/Nicotine**

Tobacco/Nicotine results will be pulled from the Health Risk Assessment (HRA). Onsite cotinine mouth swab screening will be during onsite vision screenings for employees only.

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

**5**

## **Wellness Evaluation**

**GPA's Nurse Practitioner will complete Evaluations for all employees.  
Deadline 11.6.26**



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.

