

2025 WELLNESS PROGRAM GUIDE



RACETRAC & YOU

Introducing RaceTrac's 2025 Wellness Program

We've teamed up with UMR to support you and your spouse in staying healthy through our 2025 wellness program.

This program highlights the importance of preventive care, including annual physicals and recommended health screenings. You'll also have access to challenges and online resources to help you on your wellness journey.

How It Works

The **RaceTrac Wellness Program**, powered by UMR, consists of preventive care services, challenges, and activities. It can easily be accessed via [UMR.com](https://www.UMR.com) on your computer, tablet, or smartphone browser.

By satisfying the 2025 program requirements, each employee and their spouse enrolled in the medical plan will earn a premium discount for the 2026 plan year.

GETTING STARTED:

1

Log in to the UMR Wellness Portal

Please log in to [UMR.com](https://www.UMR.com) by selecting "**Member**" from the drop-down menu in the sign-in section. Next, **hover over the "Health Center" tab** in the navigation bar to access the dropdown menu. Then, click **Wellness Activity Center**.

Select the **Get Started button** from the Wellness Activity Center landing page. If you are not redirected, please check to see if a new tab or page has opened.

2

Complete Activities

Reach 300 points by 10/31/25

Choose from the designated activities to earn a total of 300 points by 10/31/25.

***NEW OPPORTUNITIES
TO EARN POINTS have been
added! See page 2.**

3

Earn the Discount

Earn the 2026 Premium Discount

Your medical plan premium discount will automatically be applied to each paycheck beginning in January 2026.

[Need help?](#)

Check out these [FAQs](#) for more info.

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To check your points & view wellness activities, Select the **Get Started** button from the Wellness Activity Center landing page at **UMR.com**

NEW
2025 Benefit

Each participant (employees and their spouse) enrolled in the UMR medical plan accumulating 300 points will earn a medical premium discount for 2026.

If you become newly eligible after April 1, 2025, you must earn 150 points to qualify for the 2026 medical premium discount.

PREVENTIVE CARE	
Annual Wellness Visit: Visit your PCP for your annual physical	100 points
Age/Gender Screenings Breast Cancer, Cervical Cancer, Colorectal Cancer, Prostate Cancer, and/or Skin Cancer Screening	50 points each
Immunizations (Self-reported) COVID Vaccine or Booster, Flu, Pneumonia, and/or Shingles	25 points each
Other Preventive Care Exams (Self-reported) Dental (2x/year), Annual Vision Exam	25 points each for up to 3 exams
Teladoc Registration and MHD Register for Teladoc and complete the Medical History Data Form	25 points

Self-Reported Wellness Activities	
RaceTrac-sponsored wellness activities	25 points each
RaceTrac-sponsored volunteer activities (excluding Run for Research)	25 points each
Run for Research: Complete the race (onsite or virtually) or volunteer to earn credit	50 points
EAP Engagement: Engage in an EAP Program through SupportLinc	25 points each

Challenges and Action Plans			
Choose to participate in any combination of Challenges			
Challenge Dates	Company Challenge	Duration	Max Points
7/9/25 - 9/17/25	Strong to the Core Enrollment opens 6/23/25	10 weeks	50

Personal Challenges		Weeks to Complete	Max Points Available
Participants can complete Personal Challenges at ANY time during the program year. Enrollment Deadline: October 11th. <i>Challenges longer than 4 weeks should be started in July to allow time to earn the full point value</i>	Step Up (Individual) and Page Turner	2	25
	Better Bites, Hydrate for Life, Relax & Revive, Sleep Smart	4	25
	Back on Track	5	25
	Hoops for Health	7	50
	Lose for Health	8	50
	Eat Well and Wallet Watch	9	50

Action Plans: 50 Points Each (max 100 points)	
Participants can complete Action Plans at ANY time during the program year. Enrollment Deadline: September 1st. <i>Participants can only enroll in one Action Plan at a time.</i>	Back Care
	Depression
	Diabetes Management
	Diabetes Prevention
	Financial Wellness
	Healthy Eating
	Heart Disease Management
	Heart Disease Prevention
	Physical Activity
	Risky Drinking
	Smoking Cessation
	Stress Management
	Weight Management

How to Earn a Discount on Your Medical Premiums for the 2026 Plan Year:

1

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2

Complete Activities by 10/31/25

Refer to the table for the specific points requirement based on your hire date.

Choose from the designated activities to reach your points goal by 10/31/25.

See page 2 for a complete list of activities and their point values.

3

Earn the 2026 Premium Discount

Your medical plan premium discount will automatically be applied to each paycheck beginning in January 2026.

To earn the Medical Plan Premium Discount for 2026, participants are required to reach the identified points threshold based on the hire date:

Hire Date	Points needed by 10/31/25 to Earn 2026 Premium Discount
11/1/24 to 3/31/25	Earn a total of 300 points
4/1/25 or later	Earn a total of 150 points

REMINDERS

- Those who elect medical coverage are eligible to earn a discount on their medical premiums.
- If you elect medical coverage for your spouse, they are also eligible to participate and earn a discount
- Team Members will pay the non-discounted medical premium rates for 2025 while satisfying the wellness program requirements.
- Participants that meet the requirements will earn the 2026 Medical Plan Premium Discount.

Need help?
Check out these [FAQs](#) for more info.