

Health Assessment

DEADLINE – June 1st, 2025

DO NOT Wait!

SEWS Wellness Website is updated once per week throughout the Health Assessment month. You will get a confirmation email upon completion of the Health Assessment. This will come within 15 minutes, but in most cases immediately.



Scan the QR Code to Access the Health Assessment

PASSWORD is "wiredup"

English



Spanish



Japanese



Requirements to Earn a 30% Discount

Don't forget the requirements for the benefits discount in 2025 are as follows. Everything you do in 2025 is what qualifies you for the benefits discount in all the following year (2026).

- Must be signed up to participate in Wellness 2025
- Health Assessment Completed (Completed by June 1st, 2025)
- Blood Work Completed (Completed and turned in by June 1st, 2025)
- 4 Additional Wellness Points (Completed by November 1st, 2025)