



# Ingram Benefits Newsletter

ISSUE 1  
WINTER 2026



## BENEFITING YOU

— at every stage —

### BE HEALTHY

Get a healthy start in 2026 with Navigate, our new wellness program, and Vida, a free program to support your mental and physical wellbeing.

### BE PREPARED

Learn how to designate your 401(k) beneficiary to protect your savings and your loved ones.

### BE BALANCED

Check out the Uptime app, a free resource to keep your mind sharp and support your mental wellness.

## About Our Benefits Newsletter

At Ingram, we are focused on providing the resources you need to make the most of your benefit plans, and take care of yourself and your family. Read this newsletter to learn more about the programs available to support your overall wellness. Stay tuned for more newsletters throughout the year.

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## BE HEALTHY

### Find Your Way to Wellness With Navigate Wellbeing Solutions

Navigate’s wellness program will help you prioritize your health and wellness for the new year and beyond. No matter what your wellbeing goals are, from preventive care to a healthier lifestyle, you’ll have the resources at your fingertips to help you do well and be well. By taking the steps outlined below, you not only improve your health and wellness but also save money on your medical premiums.

Associates and spouses/domestic partners enrolled in an Ingram Medical Plan must complete the activities below by **December 1, 2026**, to receive a medical premium incentive in 2027.

Base (no incentive)	Core (\$120 monthly incentive)
No activities completed	Complete <b>all three</b> of the following: <ul style="list-style-type: none"> <li>• Primary Care Physician (PCP) Form: Preventive exam including biometrics</li> <li>• Health Assessment</li> <li>• Tobacco-free affidavit or tobacco cessation program</li> </ul>
Plus (\$170 monthly incentive)	
Complete Core level activities plus <b>three</b> of the following:	
<ul style="list-style-type: none"> <li>• Healthy outcomes for 3 out of 5 biometrics (blood pressure, BMI, glucose, total cholesterol, triglycerides)</li> <li>• OB/GYN screening</li> <li>• Mammogram</li> <li>• PSA (prostate-specific antigen) screening</li> <li>• Prostate exam</li> </ul>	<ul style="list-style-type: none"> <li>• Hearing exam</li> <li>• Dental exam</li> <li>• Vision exam</li> <li>• Skin exam</li> <li>• Fecal occult blood test</li> <li>• Colonoscopy</li> <li>• Flu shot</li> <li>• COVID-19 booster</li> <li>• Shingles vaccination</li> </ul>

Don't forget! Before using the app, complete the registration at [myingramwellness.com](https://myingramwellness.com).

## Prioritize Your Health in the New Year With Vida



If you’re looking for support to maintain or improve your physical and mental wellness in the new year, Vida Health can help. Vida is a FREE\* virtual health program that provides tailored support with everything from weight loss to managing chronic conditions such as diabetes and hypertension.

With Vida, you have access to a care team that provides personalized coaching through video calls, texts, and online resources to help manage your healthcare needs. This year, join Vida to set your goals—and stick with them.

Learn more at [vida.com/Ingram](https://vida.com/Ingram) or call **855.442.5885**.

Download the Vida Health App



\* The cost of Vida Health is covered by Ingram.



## BE PREPARED

### Protect Your Retirement Assets

**Have you designated beneficiaries for your Ingram 401(k) Retirement Plan? 78% of Ingram associates have not designated a beneficiary on John Hancock’s website. Protect your savings and your loved ones today!** You’ve worked hard to create financial security by saving money in your retirement plan. Be sure to protect one of your most valuable assets by designating a beneficiary. In the event something happens to you, your beneficiary designation shows how you want your savings distributed.

#### Designate a 401(k) Beneficiary

Review, update, or name your beneficiary(ies) by logging in to [myplan.johnhancock.com](https://myplan.johnhancock.com) > My Profile > Update My Beneficiary Info.

For anytime access on the go, download John Hancock’s Retirement app.



*Note: Beneficiary elections for other Ingram benefits, such as life insurance, are separate designations. Each account requires its own beneficiary designation.*



## BE BALANCED

### Micro-Learning in Minutes With the Uptime App

Interested in quick self-development “knowledge hacks” on the go? Uptime is a micro-learning app that breaks down content from books, documentaries, podcasts, and courses into five-minute learning sessions to help users learn on the go. As a new offering through Optum’s Emotional Wellbeing Solutions (EWS) program, the app is free for associates and contains more than 4,300 knowledge hacks across 18 topics on personal growth, mind and philosophy, health and fitness, and money and investing.



Get Smarter Faster

Scan the QR code to get started or visit [to.uptime.app/optum-ingram](https://to.uptime.app/optum-ingram).



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— at every stage —

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## Benefits Information at Your Fingertips

### INGRAM BENEFITS TEXTING

Text INGRAM to **800.876.7266** or scan the QR code.  
(Keyword is not case sensitive)

*Message and data rates may apply. Reply STOP to opt-out at any time.  
Text responses are not monitored.*

### INGRAM BENEFITS WEBSITE

Visit **IngramBenefits.com** from your computer, phone, or tablet.  
Come back often for benefit news and updates.

### INGRAM BENEFITS DEPARTMENT

**800.876.7266** | [medical@ingram.com](mailto:medical@ingram.com)



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