

2025-2026 U.S. & Puerto Rico

Healthy Pfizer Wellbeing Program

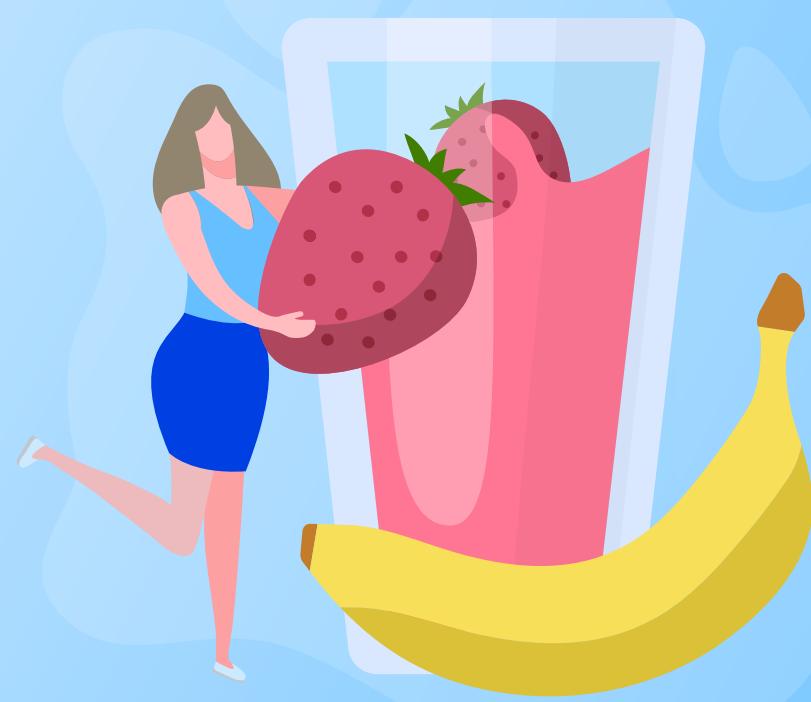
Powered by Grokker

Now–July 31, 2026

Supporting your health, your way.

Welcome to the new Healthy Pfizer Wellbeing Program. This year, Grokker will be our partner to help manage your health. Grokker's robust, on-demand, video-first platform offers a holistic approach to wellbeing so that you can focus on what matters to you. With over 150 experts leading their collection of on-demand videos and wellbeing programs, it's easier than ever to take control of your personal health journey — on your own terms.

Grokker also offers quarterly challenges and a Wellbeing Quiz so you can receive recommendations for Grokker-specific resources to help you on your wellbeing journey. You will be able to track your total Wellbeing Minutes each week (i.e., all minutes earned through watching Grokker videos, syncing your health tracker, or self-reporting activities). Increasing your Wellbeing Minutes will also increase your Wellness Level on Grokker.



Move more, eat better, improve your sleep, support your emotional health, and manage financial stress with Grokker!

Whether you're looking for a 3-minute morning meditation, a 30-minute workout, or new healthy recipes for the whole family, Grokker's got you covered. You'll enjoy:

- ▶ On-demand streaming videos on the topics of exercise, mindfulness, nutrition, sleep, and financial wellbeing, available in 21 languages;
- ▶ An online community where you can get expert wellness advice and connect with colleagues;
- ▶ Motivating wellness goals and the opportunity to participate in Company-wide challenges and wellness goals tracking; and
- ▶ Group classes you can schedule with your friends and coworkers on-demand.

Register now for easy access to Grokker's library of over 4,000 videos, live events, and 90+ programs, and become a part of their wellbeing community.



Don't Miss Out

Be sure to add Grokker to "safe senders" in your Pfizer email and download the Grokker app so you receive important program notifications.



Sharing Access to Grokker With Your Loved Ones

You are able to invite up to two family members or loved ones on the Grokker platform, where they can join you on your wellbeing journey! Go to your *Account Settings* (click on the profile icon on the top right) and select *Family Invitations* and invite them via email. **Note:** While your loved ones are welcome to take advantage of Grokker resources, they aren't eligible for challenges or prizes.

Know Where to Go

Bookmark grokker.com/Pfizer and download the Grokker app on the App Store or Google Play for easy access to your personalized Grokker experience! You can also learn more about the simplified Healthy Pfizer Wellbeing Program. Go to mypfizerbenefits.com/health/wellbeing.

Access Grokker on the Pfizer Network

1. Go to grokker.com/Pfizer or download the Grokker app (App Store or Google Play)
2. Accept Grokker's privacy policy
3. Start your wellbeing journey!

Access Grokker Through Your Personal Electronic Devices

1. Go to grokker.com/Pfizer or download the Grokker app (App Store or Google Play)
2. Select *Already a member? Sign in*
3. Select *Have Grokker through your employer? Sign in Here*
4. Select *Pfizer*
5. Enter your Pfizer username and password, and click *Accept & Connect*
6. Click *I Agree to Grokker's Terms of Service and Privacy Policy*
7. Start your wellbeing journey!
8. Once you log into the Grokker app for the first time, you will remain logged in unless you log out

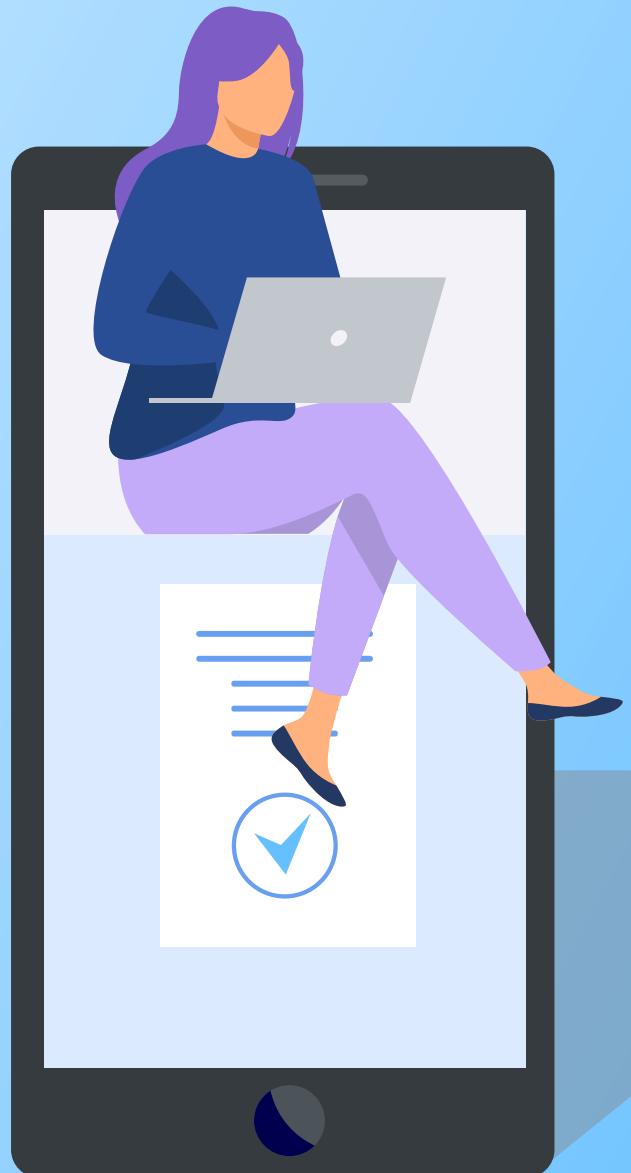
Grokker's Wellbeing Quiz

Make the first move towards understanding your personal health by taking Grokker's brief Wellbeing Quiz online or on the Grokker app.

This streamlined assessment can help identify your strengths and any health problems or risk factors you may have, giving you individual scores for sleep, nutrition, stress, activity, and financial, as well as an overall Wellness Score. Because the quiz is so brief, we encourage you to take it more than once a year to keep track of your progress and to receive up-to-date health and program recommendations. The Wellbeing Quiz can help point you to resources on the Grokker platform, support your wellbeing goals, and help you gain the biggest prize...your health!

Take the Grokker Wellbeing Quiz Now!

Go to grokker.com/Pfizer (or head to the app), and click on the *Wellbeing Quiz* on the right hand side (or look for the quiz next to the Pfizer logo on the mobile app). After you answer some brief questions about your health, you'll receive your Wellness Score , including Grokker program recommendations and information on improving your nutrition, activity, sleep, or stress levels.



Continue to Know Your Numbers

A quick blood test can help you catch issues early and stay in control of your health! There are several ways you can get preventive blood work. Submit your results once a year using any of the available options. If you're enrolled in Pfizer's Medical Plan, your coverage includes a no-cost annual well visit. Be sure to ask your provider to order your preventive blood work to monitor your cholesterol, triglycerides, and glucose as part of that visit.

Where	Details	Website
U.S. Only: Onsite Screenings	These take place at certain U.S. Pfizer locations through November 13, 2025.	Refer to local communications to find out if an event will be held at your location.
U.S.: LabCorp Facilities Using a Pfizer Voucher	If you want to do your preventive blood work at a LabCorp facility (for U.S. colleagues) or Quest Diagnostics (for Puerto Rico colleagues), you'll need to download the Pfizer voucher from the Vitalogy website.	Get a LabCorp or Quest Diagnostics voucher through Vitalogy . Note: If you go to LabCorp, Quest Diagnostics, or any other lab facility without using the Pfizer voucher, you must use a Self-Submission Form (see below row).
Both U.S. and Puerto Rico: Personal Physician Using the Self-Submission Form (Use this method if you already had blood work done by your provider, including at a Pfizer Onsite Wellness Clinic, if available, on or after August 1, 2025.)	Download the form from the Vitalogy website, bring the form to your provider appointment, and submit the completed form.	Get a Self-Submission Form through Vitalogy .
U.S. Only: Home Test Kit (State law prohibits at-home testing if you live in New York.)	Watch this video to learn about doing your own blood draw at home. Note: Your completed test kit must be returned within 24 hours of your blood draw.	Request a kit through Vitalogy .

* Onsite screenings will still happen at select locations in 2025, but from 2026 onward, screenings will only be held every other year/at certain U.S. locations.

View Your Results

Once your blood work is complete, Vitalogy will send you an email with your results, or you can go to <https://results.vitalogyinc.com/pfizer> to view them. You will also be able to view your historical results so you can understand any changes and discuss your health concerns with your provider.

Grokker's Wellbeing Minutes

Grokker's platform and challenges are based on earning Wellbeing Minutes, which you are able to track on both the website and app. Wellbeing Minutes are earned by watching and completing Grokker's videos, syncing workouts or meditations on your tracking device, or self-reporting wellness activities in the form of steps, miles, minutes, or kilometers.

Here are some ways you can take advantage of Grokker's library of over 4,000 videos to find solutions to life's everyday challenges and earn Wellbeing Minutes:

- ▶ **Got stress?** Try a 3-minute morning mindfulness video or learn techniques to calm your mind and find your focus;
- ▶ **Boring exercise routine?** Get inspired with fun and energizing expert-led fitness videos for every skill level and area of interest, from beginner's yoga to advanced HIIT. Plus, stretching, mobility, and therapeutic routines help relieve tight, sore muscles and joints;
- ▶ **Need menu inspiration?** Explore new cuisines, boost your nutrition know-how, learn easy cooking methods, and follow healthy recipes that fit your lifestyle and food preferences;
- ▶ **Feeling sleepy?** Find your sleep style and learn tips to set an effective sleep routine, wind down with night-time stretches, listen to guided breathing and progressive relaxation sessions, and drift off to relaxing sleep stories;
- ▶ **Financial worries?** Get practical, expert advice and guidance for managing your personal finances while exploring topics related to financial resilience, spending wisely, paying off debt, saving for the future, and talking about money with your partner.



Filtering and Watching Content

Filter by topic or language to find videos that are perfectly tailored to your wellbeing and interests. You can also view the videos on your TV using Amazon Fire Stick, Roku, or Apple TV! Learn more by visiting Grokker's [Help Center](#).

Found a few videos you love? Create your own video collection. Just like a Spotify playlist, you can create your own video playlist collection that you can easily return to.

Tracking Your Wellbeing Minutes

After registering your account, connect your wearable health tracking device to automatically track your Wellbeing Minutes. Grokker syncs with the following: FitBit, Garmin, Google Fit and Apple Health. You can also track your activity through the Fitbit app. For more information on how to connect your device, visit Grokker's [Help Center](#).

Tracking Through Self-Reporting

Grokker also allows you to self-report a range of activities, converting your steps for running, walking, and hiking into Wellbeing Minutes. If you don't have one of the above apps, or you complete an activity that isn't tracked by the above apps (e.g., meditating), go to *My Profile* (click the profile icon on the top right) ► *Self-Report Activities* (located under the Wellbeing Quiz) to self-report your activity such as swimming, walking, hiking, gardening, attending a webinar, and more.



Challenge Prize Drawings Plus a Grand Prize Sweepstakes

Complete these wellbeing challenges to support your physical, emotional, financial, and social wellbeing your way, and become eligible for random prize drawings.

Design your wellbeing your way — participate in the wellbeing activities that YOU prefer to get healthier AND compete in challenges to earn entries for prizes. Throughout the program year, there will be random prize drawings for the two Pfizer challenges and the four Grokker-wide challenges. Winners will be selected by Grokker on a random basis from U.S. and Puerto Rico colleagues eligible for each prize drawing.



Activities	Details
One-Time Registration Raffle (100 Winners)	<ul style="list-style-type: none">▶ Get registered with Grokker by September 15, 2025, and you'll be entered into a sweepstakes for an opportunity to win one of 100 \$50 e-gift cards.▶ Winners will be announced in Fall 2025.
Two Pfizer Challenges (100 Winners Per Challenge)	<ul style="list-style-type: none">▶ After you complete the challenge, you'll be entered into a sweepstakes for an opportunity to win one of 100 \$200 e-gift cards.▶ Winners will be announced after each challenge ends (i.e., fall and spring).▶ Watch for information and registration links from Grokker and Pfizer PX News.
Quarterly Grokker-Wide Challenges (50 Winners Per Challenge)	<ul style="list-style-type: none">▶ After you complete the challenge, you'll be entered into a sweepstakes for an opportunity to win one of 50 \$50 e-gift cards.▶ Winners will be announced after each challenge ends (i.e., Q1, Q2, Q3, Q4).▶ Watch for information and registration links sent directly from Grokker.
Program Year Grand Prize (1 Winner)	<ul style="list-style-type: none">▶ Earn the opportunity to win the \$1,000 Grand Prize – the more Grokker Wellbeing Minutes you earn, the higher your chances will be of being randomly selected.▶ The winner will be announced July 2026.

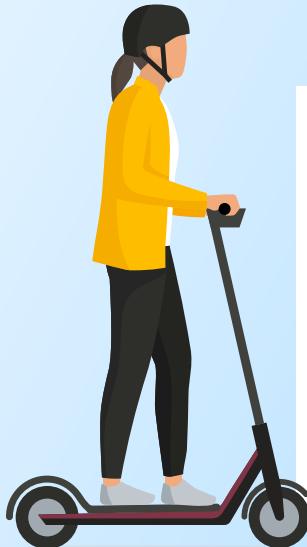
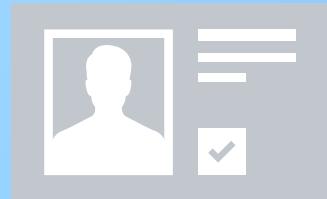
* Under IRS rules, prizes are taxable.

Claiming Your Prize

If you win, Grokker will notify you via email. You'll then receive an email from *Healthy Pfizer Wellbeing Program (noreply@tangocard.com)* with a link to claim your e-gift card from a robust catalog (e.g. mastercard, Amazon, Target, Walmart). **Note:** You need to be an active Pfizer colleague to claim your prize.

Your Health Is Your Business: Protecting Your Privacy

Your health information is just that...yours. Our wellness partners maintain and protect your personal health information. Your individual health results are never available to anyone at the company. The aggregate summary we receive helps us understand the health challenges faced by our colleagues, and helps us develop and provide appropriate programs, tools, and resources to support you and your health.



This document highlights key features of certain Pfizer benefits for eligible Pfizer U.S. and Puerto Rico colleagues not represented by a collective bargaining agreement. Benefits provided to active union-represented colleagues are subject to the terms of their collective bargaining agreements.

*This document does not contain complete descriptions of the Healthy Pfizer Wellbeing Program. The information in this document is applicable to eligible colleagues only. For more information, please contact the **Pfizer Colleague Service Center** at **1-866-476-8723** and follow the prompts for Other HR Policies or Inquiries.*

