



# MISSION SUPERHEROES

**2017** Program Overview

## 2017 Program Overview



### Who

All BMC employees can participate in bWell 2017 Mission Superheroes. Level 2 and 3 rewards are limited to participants covered on a BMC medical plan.



### What

#### The Mission

The bWell program offers you a chance to earn points that result in rewards and special opportunities while you work on your goals between September 1, 2016 through July 31, 2017. You will qualify to earn hundreds of dollars in discounts on your 2018 medical premiums. You can also become eligible to win one of 10 thrilling Great Escapes prizes. Winners choose from five trips or five experiences designed to excite, delight and recharge.

### What to Expect

- A Well-Being Assessment that highlights your strengths and identifies goal-setting.
- Great Human Performance mentors that will help you design action plans tailored to your unique vision and goals.
- Community-based webinars about topics that interest you.
- Easy activity tracking — you can automatically sync your Fitbit and other smartphone apps to the wellness website.
- Cool challenges and wellness initiatives.
- Great rewards for participation!

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#### How to earn points:

Earn points by participating in a team or individual challenge, tracking your activity or food, or by completing many other wellness activities. To earn more about earning points visit [myBMCwellness.com](http://myBMCwellness.com).



#### LEVEL 1 **QUALIFY**

Get Your Biometric Screening & Well-Being Assessment and earn a reward valued at \$100.



#### LEVEL 2 **REWARD**

\$200 savings on your 2018 medical.



#### LEVEL 3 **REWARD**

An **additional** \$300 savings on your 2018 medical.



#### LEVEL 4 **REWARD**

Entered to win one of 10 prizes!

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### When

bWell 2017 Mission Superheroes runs from September 1, 2016 to July 31, 2017. The sooner you join Mission Superheroes, the more time you'll have to earn the greatest number of points.



### How

Activate your account by answering a few questions at [myBMCwellness.com](http://myBMCwellness.com).

1. Go to **myBMCwellness.com**
2. Click on the **Get Started** button.
3. Create your unique username and password.

You're ready to go! You'll use your username and password to enter and submit your activities for points.



### Earn Rewards, Win Big

Points are tracked on **myBMCwellness.com** and must be reported by July 31, 2017 to receive points.

Once you earn 7,000 points and reach Level 4 — Going Supersonic — you become eligible to win one of the 10 Great Escapes prizes.

#### **Great Escapes Prizes — 5 Epic Trips or 5 Awe-inspiring Experiences Up for Grabs!**

Win one of 10 thrilling Great Escapes prizes. Winners choose from five trips or five wellness experiences designed to excite, delight and recharge.



Just remember, you need 7,000 points to win one of the drawings for the *Great Escapes* prizes — five epic trips or five awe-inspiring experiences.

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### Required Activities

Completing the online Well-Being Assessment and getting a biometric health screening are required activities for 2017.

- Take the online Well-Being Assessment at **myBMCwellness.com**.
- Get a health screening. You have three ways to participate:
  1. **Watch your email** for information about the biometric screenings scheduled at several BMC offices in January, 2017.
  2. **Download a physician fax form** to take to your doctor.
  3. **Download a LabCorp form** to take to your local LabCorp facility.

These activities are each worth 500 points. When you complete both, you earn a reward valued at \$100 and get a big head start with 1,000 points toward the 7,000-points goal!



### How to Earn Points

In addition to the required Well-Being Assessment and biometric screening, you can earn points by participating in a challenge, tracking your activity or food, or completing another wellness activity. See the complete list at **myBMCwellness.com**.



### Your Information is Secure

The goal of the bWell program is to encourage employees to learn more about your current state of well being, take basic action steps, and get access to valuable wellness resources.

Your participation in the wellness program is completely confidential and secure. We are committed to protecting your personal health information. Our third party wellness partner, ADURO, is bound by legal contractual obligations to ensure the confidentiality of the information you provide through the program. ADURO does not share, rent, or sell participants' information.

BMC will receive summarized reports from ADURO of the overall state of well being of our employees. This information will be used to determine target areas to focus next year's program.



### Questions

Call ADURO support at 1-855-864-0721.