

Wellness Program Changes for 2013

If you completed the Well Being Assessment™ and health screenings before the deadline this year, way to go! Not only are you smarter about your health status, you'll pay less for medical coverage in 2013.

How to Pay Less for Medical Coverage in 2014

BMC is going to keep the discounts coming for 2014! Next year you'll need to complete two steps to earn your 2014 discount:

Step 1: Earn the first \$300 discount when you complete the Well Being Assessment™ and a free, confidential biometric screening from Healthways.

Step 2: Earn an additional \$300 if...

- Your spouse also completes his/her Well Being Assessment™ and biometric screening
- OR
- You support BMC's Wellness Program by:
 - Participating in wellness activities in 2013 and entering your progress/ completion at mybmcwellness.com, or
 - Working with a Healthways Health Coach.

Watch your email for details in December, including the schedule for onsite health screenings at major BMC locations beginning early in 2013.

STEP 1

- Well Being Assessment™
- Biometric Screening

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\$300 Discount



STEP 2

- Spouse Well Being Assessment™ and Biometric Screening
- Report wellness activities OR work with a Healthways coach

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Additional \$300 Discount

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\$600 Total Discount