

BMC Software Incentive Grid

Healthways Wellness Program Steps for 2014 (complete between January 1, 2014 and July 31, 2014). All current BMC employees and spouses/domestic partners enrolled in a BMC Health Plan are eligible for the 2015 incentive.

What you can do...	What you can get...
Participate in a Biometric Screening (onsite, homescreening kit OR Provider Screening Form) AND Complete your Well-Being Assessment® (WBA)	\$200 Premium reduction
Earn an additional \$400 by completing TWO of the activities listed below by July 31, 2014	
Spouse/domestic partner completes the WBA and participates in a Biometric Screening	An additional \$200 premium reduction for completing 1 activity or Complete 2 Items for an additional \$400 Premium reduction
Complete four Lifestyle Management Engagement Coaching calls	
Complete four online progress check surveys	
Use Food Tracker four times for four months	
Participate in the BMC Steps Challenge in 2014 (more details coming soon)	
Participate in condition management OR maternity management offered through BCBS	
Complete a wellness exam (annual physical, well-woman, mammogram or colonoscopy)	
Volunteer to be a Wellness Ambassador	

Go to www.mybmcwellness.com to complete the WBA and all other online activities.

Call **866-336-8226, Option 2** to get started with a Healthways Well-Being (Health) Coach.