



**LET'S
GO**

bwell
your well-being matters.



2015 Program Overview

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Who

You can participate in bWell as long as you're enrolled in one of our medical plans.



What

Hit Your Stride in 2015 with bWell

The new bWell offers you a chance to earn points that result in rewards and special opportunities while you work on your goals between January 20 through July 31, 2015. You will qualify to earn hundreds of dollars in discounts on your 2016 medical premiums. You'll also become eligible to win some amazing prizes, including five exclusive spa resort vacations.

What to Expect

- A new kind of 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 new wellness site.
- Cool challenges and wellness initiatives.
- Great rewards for participation!



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Earn Rewards, Win Big

Points are tracked on myBMCwellness.com and must be reported by July 31, 2015 to receive points.

Once you earn 5,000 points and reach Level 3 – Leading the Pack – you become eligible to win one of the “10 in 2015” prizes!

Grand Prizes — 5 Trips Up for Grabs!

Win one of five, all-inclusive VIP trips to a five-star wellness resort in the U.S. Each of these amazing trips includes:

- 3 extra days of paid vacation
- 5 days/nights at a five-star wellness resort in the U.S. for you and a guest. Winners will choose a trip to one of these luxurious, top-rated spas:
 - Hotel Travaasa, Austin, TX
 - Green Valley Boutique Hotel & Spa, St. George, UT
 - Miraval Resort and Spa, Tucson, AZ
 - The Oaks at Ojai, Ojai, CA
 - Kripalu Center for Yoga & Health, Kripalu, MA
 - Honor’s Haven Resort & Spa, Ulster County, NY
- Airfare and all resort expenses.

Way to bWell

Win one of five wellness-friendly prizes. Choices will include gift cards for local spas and sporting-good stores, and for other goods and services that can help you reach your lifestyle goals.

Just remember, you need 5,000 points to win one of the drawings for the “10 in 2015” prizes!

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When

bWell 2015 runs from January 20 to July 31, 2015. The sooner you get started, the more time you'll have to earn the greatest number of points.



How

You received an invitation email with a link to sign up for the program, or if you lost your invitation email, you can also activate your account by answering a few questions at 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.



Required Activities

Completing the online Well-Being Assessment and getting a biometric screening are required activities for 2015.

- 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 February and March, 2015.
 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 get a big head start with 1,000 points toward the 5,000-point goal!

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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.



Questions

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



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.