



ALL ACCESS

bwell

ROCKS

TOUR
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2018 Program Overview

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Who

All BMC employees can join the bWell Rock Tour. Level 2 and 3 rewards are limited to participants covered on a BMC medical plan.



What

The bWell Rock Tour 2018 offers you a chance to earn points that result in rewards and special opportunities while you work on your goals between September 1, 2017 through July 31, 2018. You will qualify to earn hundreds of dollars in discounts on your 2019 medical premiums. If you reach the Hall of Fame, you are eligible to win the ultimate VIP experience – a rock-star-style package or one of nine other rockin’ prizes.

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!

2018 PROGRAM OVERVIEW

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 learn more about earning points visit mybmcwellness.com.



Level 2 and 3 rewards limited to participants covered on a BMC medical plan.



LEVEL 1

DEMO

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



LEVEL 2

GOLD

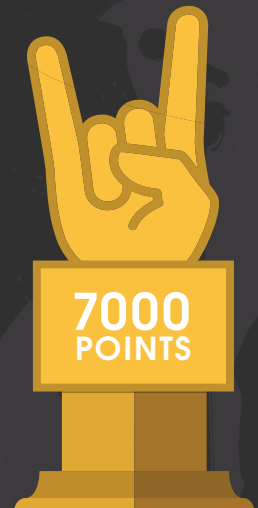
\$200 savings on your 2019 medical.



LEVEL 3

PLATINUM

An **additional** \$300 savings on your 2019 medical.



LEVEL 4

HALL OF FAME

Entered to win one of 10 prizes!

2018 Program Overview



When

The 2018 bWell Rock Tour runs from September 1, 2017 to July 31, 2018. The sooner you join the Rock Tour, the more time you'll have to play gigs and earn the greatest number of points.



How

Activate your account by answering a few questions at mybmcwellness.com.

1. Go to **mybmcwellness.com**
2. Log in or 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. Points are tracked on mybmcwellness.com and must be reported by July 31, 2018 to receive points.



Rock Your Way to Wellness and Win

The tour will take you through the stages of rock-and-rock stardom – from cutting a demo tape to joining the Hall of Fame. Once you become a rock and roll hall-of-fame rock legend, you could win the ultimate VIP experience: a rock-star-style package or one of nine other rockin' prizes.

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Required Activities

Completing the online Well-Being Assessment and getting a biometric health screening are required activities for 2018.

- 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 the week of October 23, 2017 for Houston, Austin, and Lexington, Tampa on November 2, 2017, Santa Clara on November 8-9, 2017, and Cary on December 6, 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 and reach the Hall of Fame!



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.