



2016 BP wellness program Points snapshot



For more details, visit bp.com/lifebenefits/wellness

Shape your health


Physical activity

BP Million Step Challenge 	1M steps = 500 points 2M steps = additional 250 points 3M steps = additional 250 points 1,000 points (max)
Bonus activity challenges 	50 points per challenge (up to 200 points)
Local wellness activities	75 – 125 points (up to 500 points)


Screenings and assessments

Annual physical/well-woman exam	500 points
Biometric screenings <small>Note: Labs performed as part of your annual physical or metabolic syndrome screening do not qualify for the biometric screening points.</small>	125 points
Comprehensive health questionnaire	250 points

Education

Wellness classes (StayWell)	125 points/class (max 250 points when combined with digital workshops)
 Digital workshops	25 points/workshop (max 250 points when combined with health-related wellness classes)

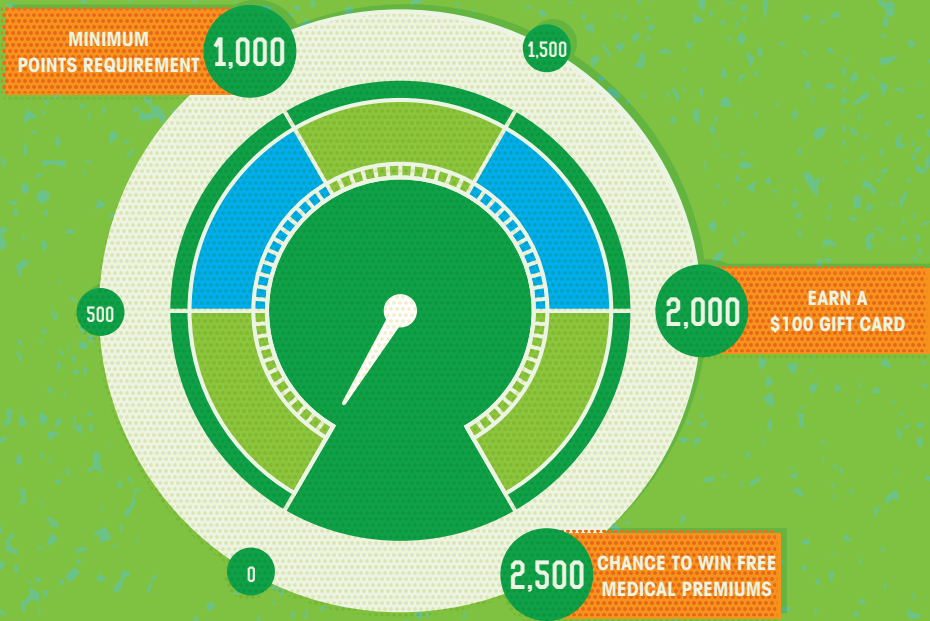
Coaching

Health advisor call	125 points
 Self-directed coaching	125 points (max 500 points)
Lifestyle management	125 points (mail-based, start by May) 250 points (phone-based, start by September)
Condition management	250 points
Complex case management	250 points

Shape your wealth

You can earn a maximum of 375 points when you elect any combination of programs/classes designed to shape your wealth. Points earned through the financial wellness program are earned independently of health programs.

Financial fitness assessment	125 points
Retirement readiness assessment (for age 45+ only)	125 points
Financial wellness classes (PwC)	125 points/class



Notice of other means to qualify for the BP wellness program

Your health plan is committed to helping you achieve your best health status. Rewards for participating in a wellness program are available to all eligible plan participants. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact the BP HR & Benefits Center at 1-800-890-4100, and we will work to find a wellness program with the same reward that is right for you in light of your health status.

Note: Only active employee participants and their enrolled spouses/domestic partners are eligible for the \$100 gift card for earning 2,000 wellness points and for the raffle for free medical premiums for earning 2,500 wellness points.