

2017 BP wellness program points snapshot

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

Physical activity

BP Million Step Challenge

For each million steps tracked, earn 250 points up to 4 million steps and 1,000 points

BP Million Step Challenge bonus activities

50 points for each activity (250 points max)

Local wellness activities

75 – 125 points (500 points max)

Screenings and assessments

Annual physical/well-woman exam

500 points

Biometric screening

125 points

Note: Labs performed as part of your annual physical or metabolic syndrome screening do not qualify for the biometric screening points.

Well-being assessment

Health questionnaire + Health advisor call
250 points

Education

Wellness classes

125 points for each class (250 points max)

Digital workshops

25 points for each workshop (125 points max)

(Earn 375 points max for wellness classes and digital workshops)

Mindfulness

Digital workshop series

(3 workshops, 75 points)

21-day meditation experience

(Complete 14 videos, 125 points)

Coaching

Self-directed coaching

125 points (max 500 points)

Lifestyle management

250 points (Start by September)

Condition and complex case management

250 points each (500 points max)

Improve your financial IQ

Earn a max of 375 points when you elect any combination of programs/classes.

Financial fitness assessment

125 points

Retirement readiness assessment

125 points

Financial wellness classes (PwC)

125 points/class



Questions? Call StayWell at 1.888.343.9862 or go to bp.com/lifebenefits/wellness.

Doable

