

Points snapshot



health

Health questionnaire	125
Million Steps Challenge	250 per million (1,000 max)
NEW 1500 active minutes *AHA recommendation	125 per quarter (500 max)
Annual physical	375
NEW Preventive exam: mammogram/colonoscopy	125
NEW Preventive health: flu shot	75
NEW Preventive visit: dental	125
NEW Preventative visit: vision	125
Case management	250
Livongo diabetes management (15 checks)	50 per month (250 max)
Lifestyle management coaching	250
Weight management	250
Wellbeing workshops (onsite or digital learning)	125 each (375 max)
NEW Sessions (digital learning)	25 each (300 max)
Daily Dash	25 per month (125 max)

financial

Financial fitness assessment and coaching call	125
Retirement readiness assessment and coaching call	125
Financial wellbeing classes	125 each (375 max)
Financial coaching (3 sessions)	250
Financial digital workshops	25 each (125 max)
NEW Invest your HSA dollars	125
NEW Review/update beneficiaries	25
NEW Develop a financial plan	25

social

Participate in a community event (e.g., MS 150, 10k+ or swim event)	125
Participate in a 5k (e.g., AHA Heart Walk)	75
Group exercise classes (10 classes)	75 each (150 max)
Local activity	75 each (150 max)
Personal training sessions (5 sessions)	75 each (150 max)
NEW Complete a certified CPR/ first aid training course (e.g., AHA CPR training)	75
NEW Donate blood/platelets	75
NEW Attend a BP BRG networking event	75
NEW Volunteer	75

emotional

NEW Sleep tracking: 7 hours, 30 nights per quarter	75 per quarter (300 max)
NEW Sleep Basics digital learning	75
NEW Sound Science for Sound Sleep digital learning	75
NEW Meditation sessions (10 sessions)	25 each (125 max)
NEW EAP counseling	125
NEW EAP or Bright Horizons webinar	75
NEW BP Resilience & Psychological Wellbeing briefing	125

+75 points
Complete an activity
from each category

2020 BP wellbeing program

New points opportunities for 2020

Preventive health 75-125 points each

Take care of yourself with dental, vision, mammogram/colonoscopy exams and flu shots.

Physically active minutes 125 points per quarter (max 500 points)

Be physically active for 1,500 minutes each quarter. Sync your fitness tracker and follow your progress in the “Active Minutes” block on the StayWell dashboard.

Sessions 25 points for each session completed (max 300 points)

Complete a short, informative article, a fun activity or quiz, and track a wellbeing goal. New sessions available each month.

Financial wellbeing 25-125 points each

Earn points and increase your financial knowledge with new programs, workshops, webinars and in-person classes. And, you can now earn points for updating your beneficiaries and developing a financial plan. Learn more on the PwC website.

Social engagement 75 points each

Social interaction is proven to contribute to good health and longevity. There are many ways to earn points by getting involved with activities like volunteering, donating blood, getting CPR certified, going to group exercise classes, and more.

Mental & emotional health 25-125 points each

Take charge of your mental and emotional wellbeing while earning points. Improve your sleep habits with digital classes and programs. Try out new meditation sessions with the Provata VR app. Schedule voluntary and confidential EAP counseling sessions. Or complete an EAP or Bright Horizons webinar.

Wellbeing has its rewards.

In addition to the overall benefits of taking care of yourself:

1,000 points

You qualify for the premier BP medical plan options HealthPlus and Health+Savings.

2,000 points

Earn a \$100 gift card to a health and wellness retailer of your choice.

3,000 points

Take advantage of the new wellbeing opportunities and earn an additional \$100 gift card!

Get started

Visit the portal then download the **My StayWell app**.

Note: Only active employees and their spouses/domestic partners are eligible for the \$100 gift card for earning 2,000 and 3,000 wellness points. Due to federal tax rules, gift cards issued to BP employees will be considered taxable income. Retail employees are not eligible for this incentive.

