



Take your mind off COVID-19

Stuck at home trying to manage it all? Try these resources from bp benefits to lift your mood, stay healthy and earn valuable bp wellbeing program points.

1.

Step up to the Million Step Challenge

Feeling housebound? Lace up your running shoes and go for a quick run or a power walk. You'll be clearing out the cobwebs, logging your steps and getting out among neighbors, while maintaining the proper social distance.

Points: 250 per million, 1,000 max

2.

Share your wellbeing moment

If you haven't been following the [bp wellbeing program Yammer community](#), now's the time to check it out and enjoy the healthy recipes, fun activities and light-hearted photos and videos your bp colleagues are sharing. Post your own **#MyWellbeingMoment** and be entered to win the monthly drawing for amazing prizes.



3.

Address financial stress

With all the negative economic news these days causing financial anxiety, PriceWaterhouseCoopers (PwC) has resources to help you manage your way through.

- Have some specific financial questions? Don't forget you can call [PwC](#) for free, unbiased financial guidance. Call PwC CourseLine at 1-866-237-6165 Monday through Friday 8 am – 7 pm, Central time.
- Watch PwC's webinar '**Protecting your finances in times of global uncertainty**' to learn positive steps you can take today to help put you in control of your finances in these challenging times.

To access the webinar on PwC Envision, visit LifeBenefits > Quick Links > PwC – financial wellbeing. Once on PwC Envision, navigate to Menu > Resources > Financial wellbeing classes.

Points: 125 points, 375 max for webinars and classes

4.

Just breathe

Meditation is known to help reduce stress. Download the Provata VR meditation app from the App Store or Google Play (search for Provata VR) then login with your StayWell credentials and choose from a wide range of sessions, including reducing anxiety, improving focus or finding your calm center.

Points: 10 days – 25 points, 125 max

5.

Earn your active minutes

Even if your gym is temporarily closed, maintaining your physical and mental wellbeing and immune system right now is important. Try out a StayWell workout video via Resources on the portal. Connect your preferred device and get your family to join in.

Points: 1500 active minutes per quarter, 125 points



6.

Call on bp Care, our free, confidential EAP

- Need help balancing your work, home and emotional life? Connect with a KEPRO counselor by phone (1-800-409-3687) for one-on-one counseling sessions.

Points: 125 points

- Check out the new EAP webinar 'Keep Calm and Carry On: Maintaining Your Composure Amidst the Pandemic Panic' via KEPRO website (EAPHelpLink.com; Company code: bp). Upload a copy of your completion certificate on the StayWell portal.

Points: 75 points

7.

Enlist a personal health coach

Call on StayWell Health Coaching to create a personalized strategy on how to stay well at home including workouts, nutrition for the family, sleep strategies, and more.

Points: 3 calls, 250 points

8.

Take a wellbeing workshop

Get up to speed on sustainable kitchen strategies with 'Healthy Kitchen Toolkit: Plan, Prep and Plate,' StayWell's new e-learning wellbeing workshop. Starting April 15, 2020, access the workshop on the StayWell portal via My Points.

Points: 125 points, 375 max



Visit bp.com/lifebenefits
or the My StayWell app
to get started today.