

Do well

BP wellness program 2017



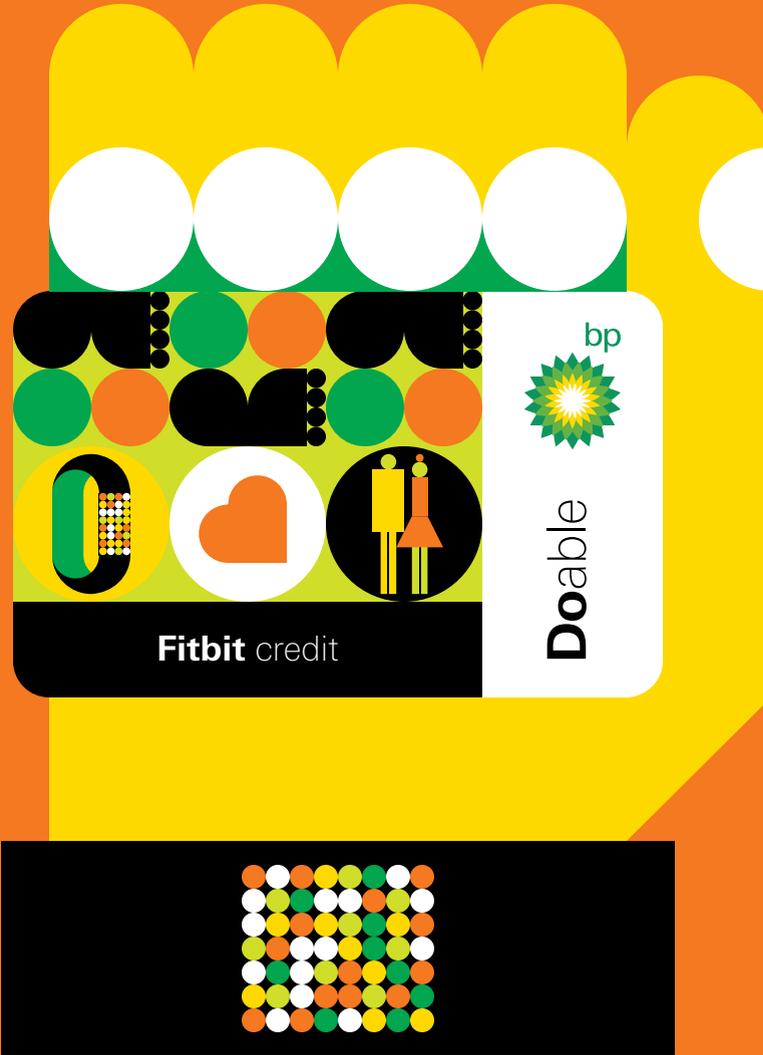
Welcome to a new year of health and well-being – the year to **Do** your well-being right!

We live in a world of don't. Don't eat this. Don't do that. Don't. Don't. Don't. This year the BP wellness program is ditching the don'ts and focusing on what we can **do** that contribute to a healthier, longer life. We call it "Doing your well-being right."

Offering a variety of programs across the physical, mental and fiscal spectrum, BP wellness provides the help and support you need to be a healthier you in every aspect of your life. In addition to old favorites like the Million Step Challenge (with some fresh new activities added to keep you on your toes), there's a whole lot of new.

New Fitbits! New classes! A new and improved StayWell website with a mobile use option! And lots of ways – old and new – to earn valuable wellness points that apply to your total rewards.

So get started today on a happy Do year with this handy guide to wellness, and wellness points.



Ready. Set. **Do!**

Let's start the year off right.

The BP wellness program is your gateway to the best BP medical plan options: HealthPlus and Health+Savings. Both you and your covered spouse/domestic partner must earn a minimum of 1,000 points to remain eligible for these options.*

***Other ways to qualify:**

Your health plan is committed to helping you achieve your best health status. If you think you might be unable to meet a standard for a reward under BP's wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact the StayWell helpline at 1.888.343.9862, and we will work to find a wellness program with the same reward that is right for you.

Remember, you are not required to participate in any medical examination to be eligible for BP's medical plan options. Also, please read the Wellness Program Notice included with your Annual Enrollment Materials.

New in 2017, the Health Questionnaire is no longer a requirement. It is, however, part of the BP wellbeing assessment and a great way to find out about your health risk factors, map your wellness plan for the year and earn valuable points! Here's how it works:

Step 1

Set aside 10 minutes to complete the Health Questionnaire on the StayWell portal.

Step 2

Once you have your results, call a health advisor at 1-888-343-9862 to learn what BP wellness programs will have the greatest impact on shaping a healthier you.

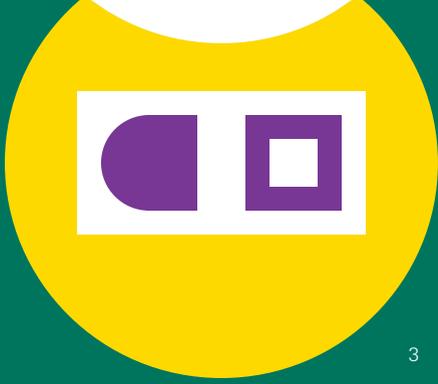
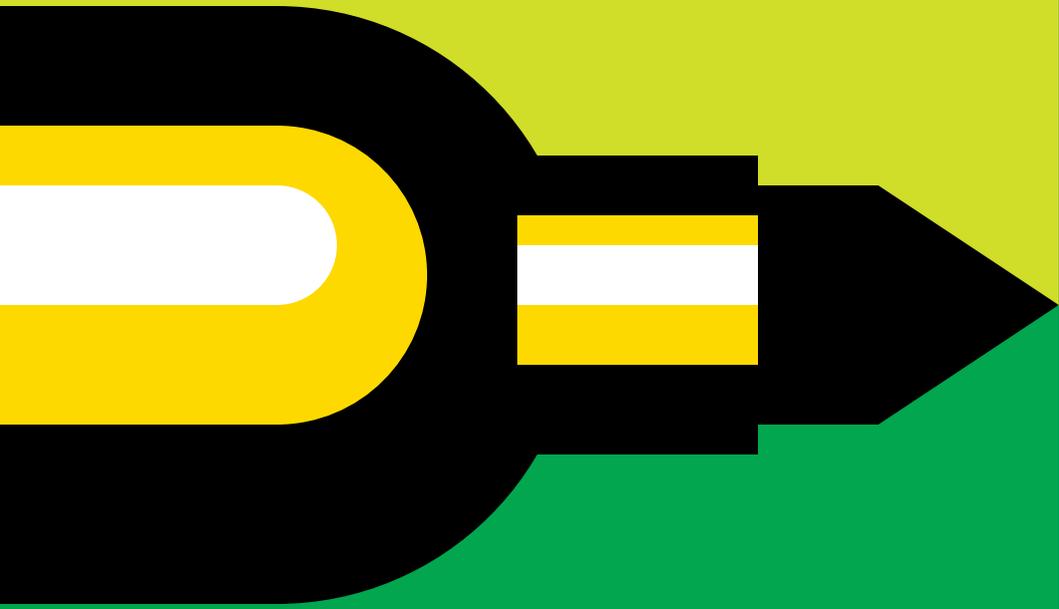
Step 3

Ka-ching! Add 250 points to your StayWell My Points account!

Push for more points (and a \$100 gift card*)!

Once you've hit your 1,000 points goal for the year, why not aim even higher? Earn 2,000 wellness points by December 31 and receive a \$100 gift card accepted by more than 300 premium health and wellness merchants, pharmacies, charitable organizations, and much more!

*Individuals enrolled in the BP Retiree Medical Plan and Retail employees enrolled in the BP Medical Plan are not eligible for this benefit.



Do the big walk.

Step up to the Million Step Challenge (MSC) – and claim your free Fitbit!

Walk your way to a healthier you. Earn up to 1,000 wellness points by meeting step program goals tracked on your BP-provided Fitbit*. The MSC runs from January 1 - December 31, 2017. Enrollment runs from January 5, 2017 to December 31, 2017. Here's what to do:

Step 1

Go to the StayWell portal to connect your Fitbit or redeem a new one using your Fitbit credit. Then connect your device via the MSC connection block and start turning your steps into points!

A Fitbit for every body and every lifestyle!

Need a new Fitbit? You have from now until the end of 2018 to redeem your one-time, Fitbit credit. Choose from a variety of options – including up to five trackers available at no cost to you!

Step 2

Earn 250 points for each 1 million steps up to 4 million steps and 1,000 points! Log 4 million steps and win a special prize.

Step 3

Set new goals and start stepping your way to a Do you in 2017!

Watch out for four new bonus challenges along the way worth 50 points each.

Local wellness activities

No matter your location across the US, there are activities designed to get you moving. Your local wellness champions can point you in the right direction.

75 – 125 Points (up to 500 points max)

*Certain devices obtained by redeeming your Fitbit promotional code may be considered income by the IRS. Applicable taxes will be deducted from your pay.



Zip



One



Flex 2



Alta



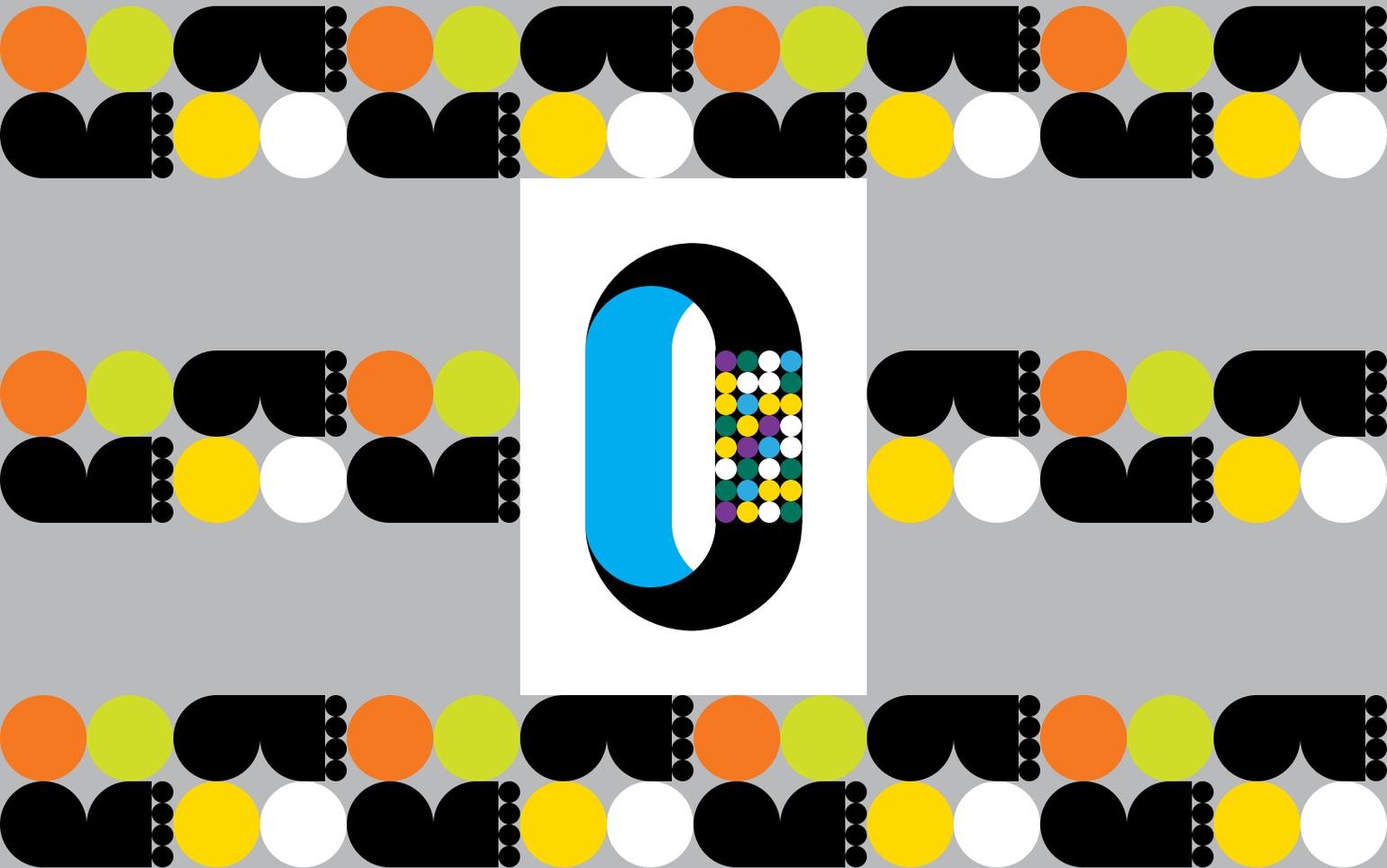
Charge 2



Blaze (upgrade)



Surge (upgrade)



Do the test. Track the rest.

Know your numbers and track your progress.

Setting up annual physicals and recommended screenings will not only help you catch early signs of disease, it will also provide a baseline of your current health to help you track your progress towards a healthier you in 2017. Remember, just getting the physical is the only requirement. Your results are a matter solely between you and your doctor.

Annual physical / well-woman exam

Complete one annual routine physical exam with a licensed physician. You should try to schedule this as early in the year as possible so that if your physician identifies any risk factors, you can develop an action plan to improve your numbers.

500 Points

Ladies, while your annual well-woman exam qualifies for the 500 points, we also highly encourage you to complete an annual physical exam with your primary care physician.

Biometric screenings

Complete one on-site biometric screening at your location (if available) or at a Quest patient service center to find out your risk level for certain diseases and medical conditions.

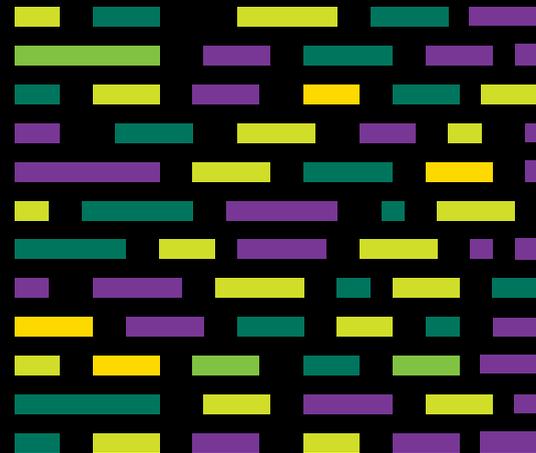
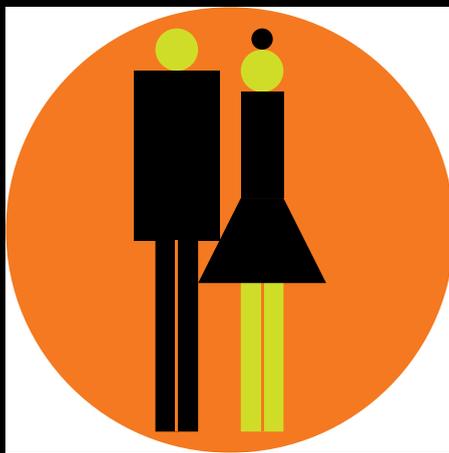
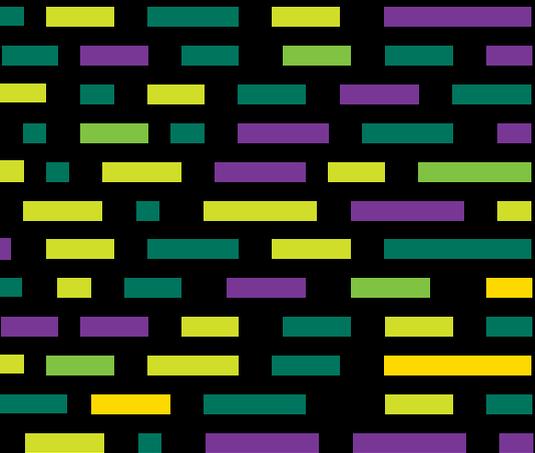
125 points

Note: Points earned for a biometric screening are earned independently of your annual physical.

Well-being assessment (questionnaire + health advisor call)

Get a snapshot of your current health status to learn more about your current risks, set goals for the year ahead and monitor your progress. A StayWell health advisor can recommend programs that will help you toward your goals.

250 points



Do your gray matter some good.

Learn your health ABCs.

Health education is one of the best ways to achieve wellness at every age by incorporating healthy habits in your daily life. Choose from a wide variety of wellness classes and digital workshops and add points to your health IQ and your StayWell My Points account.

Wellness classes

Four new classes in 2017 on a range of topics will help you make lasting changes to your health and improve your quality of life.

125 points/class (up to 250 points max)

Condition management

Work with a health coach to learn to manage your chronic health condition (by telephone or onsite – three-session minimum).

250 points, three-session minimum

Digital workshops

Whether you are already active in your health or just getting started, digital workshops are quick, effective ways to shape your health. Choose from among a variety of topics for an interactive learning experience which includes an article, video, and quiz; takes less than 15 minutes to complete.

25 points/workshop (125 points max)

Coaching

StayWell health coaches are on call to help you address negative behavioral factors and habits, and provide the guidance and tools you need to become a healthier you.

Self-directed coaching (SDC)

This online coaching system enables you to set health goals, identify and overcome challenges, and move confidently toward your goals. Pick from six programs and complete at

your own pace through proven tips, tools, quizzes, encouragement, and more. Your program is customized based on your current risk status and health profile.

125 points per cycle (500 points max)

Lifestyle management

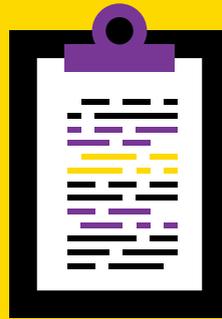
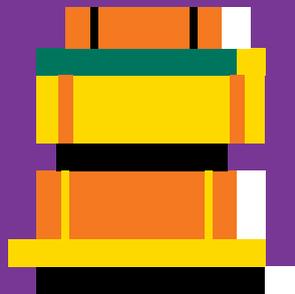
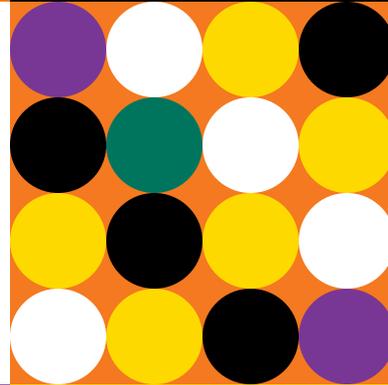
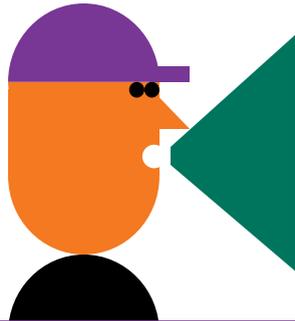
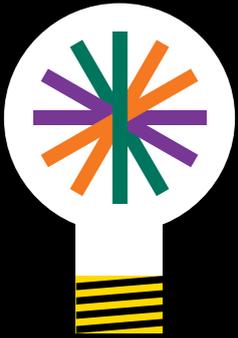
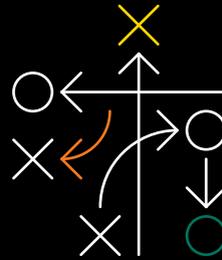
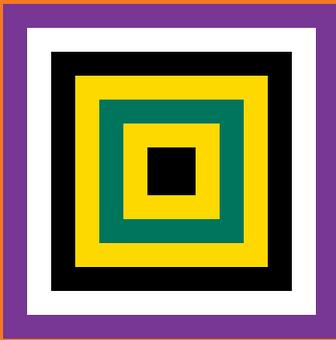
Target a health issue with personalized coaching via telephone (three sessions minimum).

250 points (start by September to complete)

Complex case management

For those with acute conditions requiring extensive treatment. Complete a care plan with the help of a case manager.

250 points



Do the most for your mind.

Live mindfully in the moment.

Since the 1970s, mental health professionals and physicians have used mindfulness to help patients reduce stress, and treat medical conditions such as high blood pressure and cancer. By practicing mindfulness, we think more clearly, make better decisions, and reduce our stress levels while increasing our effectiveness.

New in 2017 – 2 online mindfulness training courses!

Mindfulness: The best possible you

Tune into this digital workshop series to learn how to apply present moment awareness and deep relaxation to connect more fully with your inmost self, your loved ones and the life you are living.

3 workshops, 75 points

Mindfulness: The 21-day meditation experience

A series of 21 videos will guide you through gradual stages of meditation starting with simple relaxation and mindfulness techniques.

Complete 14 videos, 125 points



Do your finances a favor.

Improve your financial IQ.

Your personal financial fitness is an important aspect of overall well-being. BP offers you a variety of ways to start developing sound money management habits and build toward a more secure financial future.

125 per activity (375 wellness points max for any combination of financial wellness activities, including classes)

Financial fitness assessment (PwC)

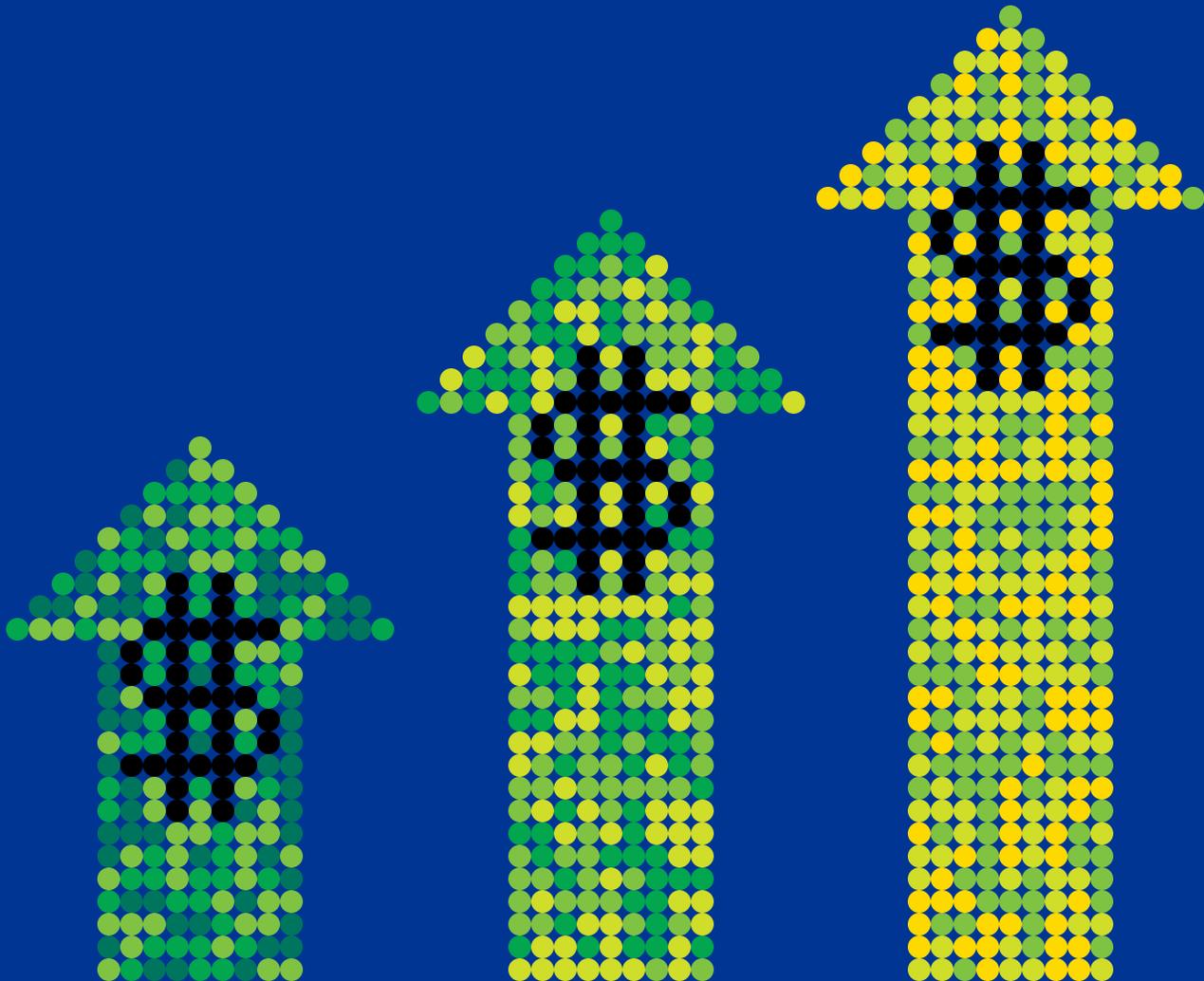
Complete a quick online assessment, discuss your results with a financial coach, and move toward a more secure future.

Retirement readiness assessment (PwC)

Learn about actions you can take to better prepare for a happy retirement. Take the online financial assessment, then follow up with a coaching call to get practical insights on how to build and protect your nest egg.

Financial wellness classes (PwC)

Get the tools you need to make smart financial decisions. Choose from a broad variety of personal financial topics brought to you by PriceWaterhouseCooper's (PwC) award-winning financial education team.



Do more.

Visit the new StayWell website for a new and improved user experience.

Enrolling in wellness classes, workshops and other activities and tracking your points progress is easier than ever with StayWell's new, easy-to-use web portal, now with a mobile option! To get started, log on to the StayWell portal via LifeBenefits. From there you'll be guided on how to create a log on so you can access the StayWell portal via your mobile device.



So now that you've reached the end of this handy guide to wellness and wellness points, we'd like to leave you with this thought:

You've been given the innate power to shape your life. Use your BP resources to make positive changes and achieve your personal goals.

This year, don't just speak change.

Live it. Be it. **Do** it!

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

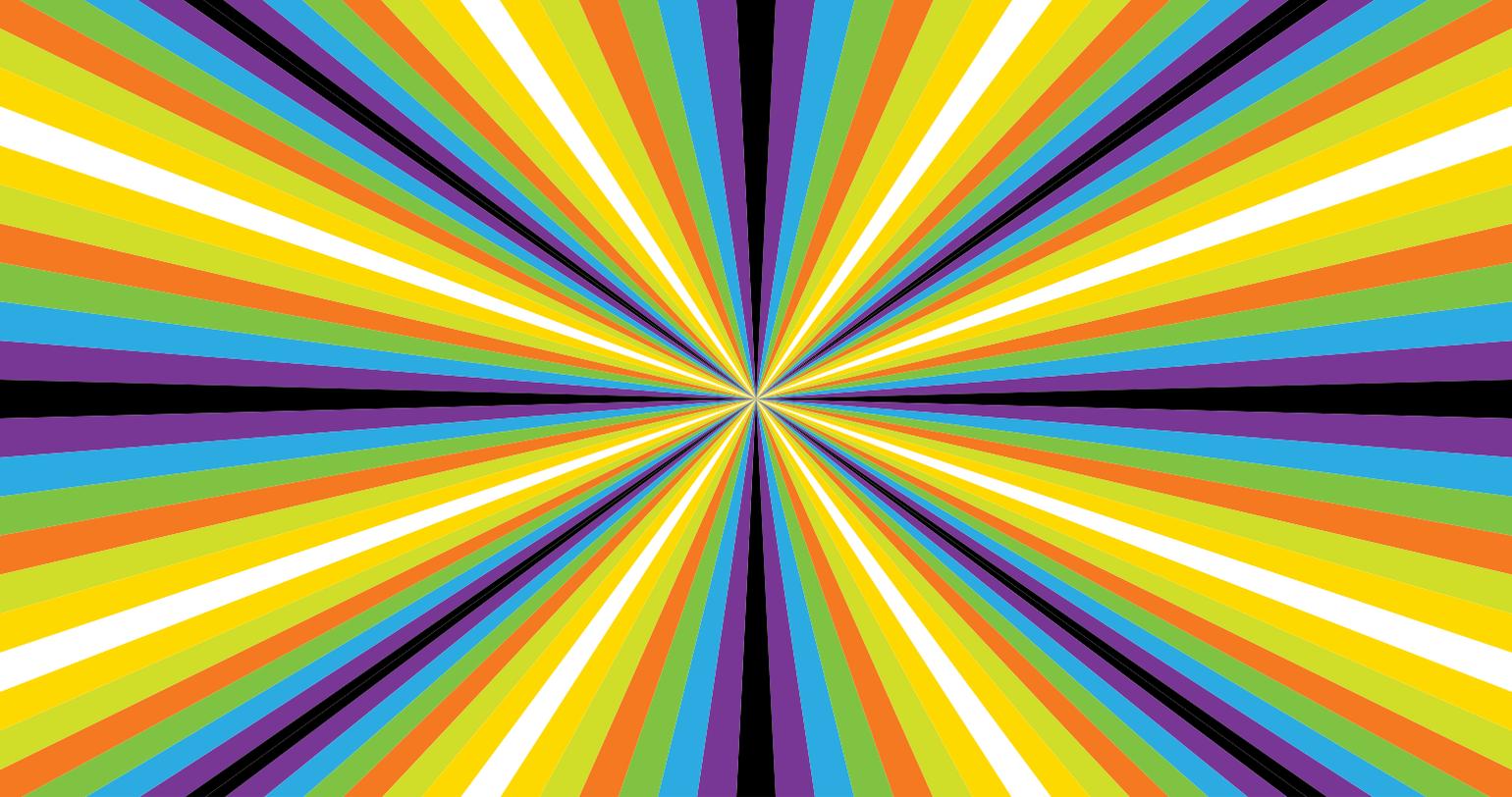
(PwC)
125 points/class



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

Doable





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