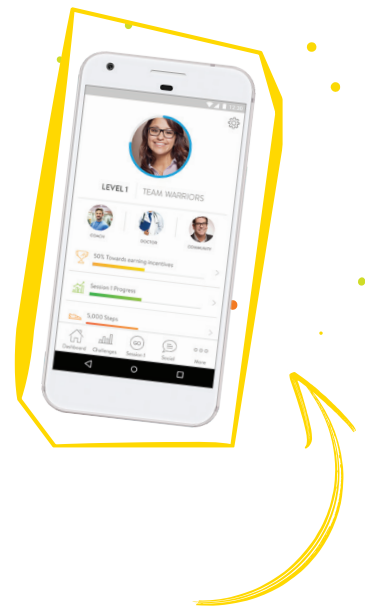




2021 bp wellbeing program

Getting started

1. Log onto StayWell via Life Benefits or the My StayWell app.
Note: If you're new to bp this year, first create an account on the StayWell website via Life Benefits then download the My StayWell app.
2. You will be prompted to complete your health questionnaire (and earn 125 wellbeing points)
3. Choose a team or be a team of one
4. Choose your level (basically the information you'll receive in the monthly Sessions). Level 1 is for newcomers; returning participants should continue with level 2



Wellbeing is rewarding

Not only do you feel and function better in all areas of your life, you also qualify for valuable wellbeing points:

1,000 points

Qualifies you for the premier bp medical plan options HealthPlus and Health+Savings.

2,000 points

Earns you a \$100 gift card to a health and wellbeing retailer of your choice.

3,000 points

And you earn an additional \$100 gift card!

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.

Health Pillar



Program	Points
Health questionnaire	125
Million Steps Challenge	250 per million (1,000 max)
1500 active minutes	125 per quarter (500 max)
Annual physical	375
Preventive exam: mammogram/colonoscopy	125
Preventive exam: dental	125
Preventive exam: vision	125
Flu shot	75
Lifestyle management coaching (3 calls) or case management	250
Livongo diabetes management (15 checks)	50 per month (250 max)
Wellbeing classes	125 each (375 max)
Sessions	25 each (300 max)

Financial Pillar



Program	Points
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! Morningstar Investing Classroom	25 (125 max)
Invest your HSA dollars	125
Review/update beneficiaries	25
Develop a financial plan	25

Social Pillar



Program	Points
10k+ official race (run/bike/swim; in-person or virtual)	125
5k official race (in-person or virtual; e.g. AHA Heart Walk)	75
Local activity	75 per quarter (300 max)
Personal training sessions (5 sessions)	75 each (150 max)
Group exercise classes (10 classes)	75 each (150 max)
Complete a certified CPR/first aid training course (e.g. AHA CPR training)	75
Donate blood/platelets	75
BRG event	75 each (150 max)
Volunteer	75

Emotional Pillar



Program	Points
Sleep tracking: 7 hours 20 nights per quarter	75 per quarter (300 max)
NEW! Better Sleep for Better Health digital learning	75
NEW! Beyond Well Podcasts	15 points each Max: 150
Meditation sessions (10 sessions)	25 each (125 max)
EAP counseling	125
EAP or Bright Horizons webinar	75 per quarter (300 max)

75 Bonus Points for completing one activity in each of the four pillars: Health, Financial, Social and Emotional

New Bonus Activities: 25 points each; will be announced throughout the year

