

2019 BP wellness program points snapshot

Questions? Call StayWell at
1-888-343-9862 or go to
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

Bonus activities

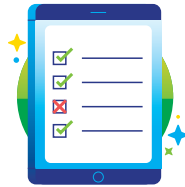
50 points for each activity, up to 100 points

Local wellness activities

75-125 points, up to 500 points

Daily dash

10 dashes, 25 points, up to 250 points



Screenings and assessments

**Annual physical/
well-woman exam**
500 points

Health questionnaire
125 points

Education

Wellness workshops and digital learning series

125 points for each class, up to 375 points

Digital workshops

25 points for each workshop, up to 125 points

Mindfulness digital workshop series

3 workshops, 75 points

21-day meditation experience

Complete 14 videos, 125 points

Coaching

Care management (various providers)

Including condition and complex case management 250 points each

Livongo diabetes management

250 points

Ignite weight management

250 points upon completing at least nine weeks of the program (not available for retirees)

Lifestyle management

250 points (start by September)

Self-directed coaching

125 points, up to 500 points

Financial wellness

Earn a max of 750 points through PwC.

Financial fitness assessment and coaching call
125 points

Retirement readiness assessment and coaching call
125 points

Financial wellness classes
125 points each

Max for all three 375

Financial coaching program
250 points

Financial digital workshops
25 points each, up to 125 points



Other ways to qualify:

Your health plan is committed to helping you achieve your best health. If you think you might be unable to meet a standard for a reward under the BP wellness program, you may 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 medical plan options.

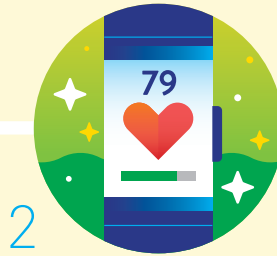


Reward yourself. It's as easy as 1 – 2 – 3.

Connect to a healthier you and earn up to \$200 in gift cards.



1,000 points (2,000 for family) qualifies you for the premier BP medical plan options – HealthPlus and Health+Savings.



2,000 points and a little extra effort earn you a \$100 gift card to a health and wellness retailer of your choice.



NEW! 3,000 points - now you're really moving! This year, stay connected to wellness all year. Discover new programs and wellness opportunities along the way and 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 and retirees are not eligible for any incentives.