



**BWELL**



**OUT OF  
THIS WORLD**

**2023  
PROGRAM GUIDE**



## Welcome to *Out of This World*, BMC's 2022-2023 wellness program. Explore metaphorical galaxies while you make lasting changes in key areas of your life.

During this 11-month galactic odyssey, you will explore the cosmos and earn rewards as you boldly go where no man (or woman) has gone before. You'll blast through four levels of space travel, embracing challenges to help your well-being and earning points and rewards along the way. We blast off on October 1, 2022, and return to earth on August 31, 2023.

**Join Out of This World, and you could earn up to \$600 in discounts on your 2024 medical premiums, gift cards,\* or a combination of the two.**

<p><b>1,000 PTS</b> <b>BLASTOFF</b></p> <p>Get a health screening and complete the Well-Being Survey for a \$100 savings on your 2024 medical premiums* or a reward valued at \$100**</p>	<p><b>3,000 PTS</b> <b>SPACE EXPLORER</b></p> <p>Additional \$200 reward or savings on your 2024 medical premiums or to use toward gift cards</p>
<p><b>6,000 PTS</b> <b>SOLAR TRAVELER</b></p> <p>Additional \$300 reward or savings on your 2024 medical premiums or to use toward gift cards</p>	<p><b>8,000 PTS</b> <b>GALACTIC VOYAGER</b></p> <p>Entered to win one of ten (10) out of this world prizes</p>

\* The Well-Being Survey and the health screening are required activities to earn the savings reward.

\*\* If you choose a cash reward (gift card), the Internal Revenue Code considers the gift card value taxable income.

You can redeem points as gift cards or apply them as discounts on your 2023 medical premiums. If you reach 8,000 points, you'll become eligible to win an out-of-this-world prize.



## Avoid Isolation Hazards

*Out of This World* welcomes spouses to participate so you can set well-being goals, learn, and enjoy success together. Spouses are not eligible for BMC rewards, but you can explore together while making positive, healthier choices. To invite your spouse on the mission, log in to [mybmcwellness.com](https://mybmcwellness.com) after registering and select the **Family** option.

## Mission Overview

*Out of This World* will take you to new galaxies of well-being and includes:

- ★ A **required** Well-Being Survey that highlights your strengths and identifies goal-setting.
- ★ A **required** health screening measuring essential health risks, such as cholesterol, triglycerides, blood pressure, body mass index, and blood glucose.
- ★ Support from Lifestyle Motivators from Marquee Health to help you design action plans tailored to your unique vision and goals.
- ★ Easy activity tracking—you can automatically sync your Fitbit and other smartphone apps to the wellness website.
- ★ Quarterly and annual team or individual challenges and wellness initiatives.
- ★ *Out of This World* rewards and prizes!

## Solo Mission

*Out of This World* allows you to create your own customized challenge. Whether you want to improve your mindfulness, swim more, or conquer a bad habit, you design the challenge that will help you change for good. bWell reward points for up to 12 custom challenges, but there's no limit on how many custom challenges you can create. To learn more about earning points, visit [mybmcwellness.com](https://mybmcwellness.com).

## Blast Off

*Out of This World* runs from October 1, 2022, to August 31, 2023. The sooner you sign up, the more time you'll have to play hard for your well-being and earn the greatest number of points.

1. Go to [mybmcwellness.com](https://mybmcwellness.com).
2. Click on the **Get Started** button.
3. Create your unique username and password.

You're ready to reach for the stars! You'll use your username and password to enter and submit your activities for points. Points are tracked on [mybmcwellness.com](https://mybmcwellness.com) and must be reported by August 31, 2023, to receive points.



## Win With Wellness

With *Out of This World*, you choose how to explore. As soon as you get a biometric health screening and complete the Well-Being Survey, you'll earn a \$100 savings on your 2024 medical premiums or a \$100 gift card.\* Don't wait! You can redeem your rewards as soon as you earn them, as long as you have completed the required activities. As you continue to complete challenges, you'll progress through space while earning more rewards along the way. Once you reach 8,000 points, you are entered to win an out-of-this-world prize.

\*If you choose a cash reward (gift card), the Internal Revenue Code considers the gift card value taxable income.

## Mission Prep

Completing the online Well-Being Survey and getting a biometric health screening are **required** for 2022-2023.

- ★ Take the online Well-Being Survey at [mybmcwellness.com](https://mybmcwellness.com).
- ★ Get a health screening. You have three ways to participate:
  - 🚗 Download a physician fax form to take to your doctor.
  - 🚗 Download a LabCorp form to bring to your local LabCorp facility.
  - 🚗 Complete 5 telephonic health coaching sessions with Marquee Health. The first coaching session must be completed by March 1, 2023.

These activities are each worth 500 points. When you complete both, you earn a \$100 savings on your 2024 medical premiums or a \$100 gift card and get a big head start with 1,000 points toward the **Galactic Voyager** 8,000 points goal.



### Good to know:

You must complete the Well-Being Survey and health screening activities to redeem bWell points.



## Rewards Now or Discounts Later?

You decide how to receive your wellness program rewards. Choose a gift card now\* or wait and receive it as a discount on your 2024 medical premium. But don't forget! No matter which option you choose, you'll need to actively redeem your rewards/discounts as soon as you earn points or before they expire on August 31, 2023, when the mission ends.\*\*



### Good to know:

You are eligible to earn up to \$600 in discounts on your 2024 medical premiums, including the \$100 you earn for completing the Well-Being Survey and health screening. The Well-Being survey and health screening must be completed by August 15, 2023.

\*If you choose a cash reward (gift card), the Internal Revenue Code considers the gift card value taxable income.

\*\*If you are enrolled in BMC's health plan and don't redeem your rewards, you will automatically receive the premium discount. If you are not enrolled in BMC's health plan and do not redeem by August 31, you will forfeit your reward.

## Privacy

We respect your privacy, and no one at BMC ever sees your personal health information. WellRight, our wellness program partner, handles the Well-Being Survey and health screening. They follow the highest privacy standards and ensure that your health information is secure and protected.

## Welcome All Space Explorers

If you're not covered by a BMC medical plan, you can still:

- ★ Earn a reward valued at \$100 when you complete the required Well-Being Survey and get a health screening.
- ★ Participate in challenges. Every challenge you participate in earns points you can redeem online for gift cards. And when you reach 8,000 points, you are eligible to win one of the out-of-this-world prizes.
- ★ You will forfeit your rewards if you do not redeem them by August 31, 2023.



### Questions?

Email [support@wellright.com](mailto:support@wellright.com) or call 800-240-0733.