Thank you for your interest in the BCM BeWell wellness program offered by Baylor College of Medicine. The goal of the BCM BeWell program is to create a culture of wellness at Baylor and to provide education and resources to eligible employees to assist with improving their overall health and wellbeing.

As a benefit-eligible employee, you are automatically eligible to participate in BCM BeWell and all it has to offer! There are certain parts of the program that require registration. Please see below for information and instruction about participating in BCM BeWell.

If you have questions, please contact BCM BeWell at wellness@bcm.edu.

1. **Visit the BCM BeWell Intranet Page**
   a. The intranet page includes information about the BCM BeWell program and discounts offered, including to Weight Watchers, fitness centers and My Fit Foods. It is also a great resource to learn about our programs and incentives. Check back often for updates and to learn about new activities.
   b. From the Baylor main intranet page, go to “Administrative Services” and you will find the BCM BeWell page under the Human Resources header.

2. **Register in the BCM BeWell Wellness Portal - www.powerofvitality.com**
   a. The wellness portal holds vast amounts of resources to help you improve your health and wellbeing.
   b. Begin by completing your Vitality Health Review to get started on your personal pathway.
   c. The portal is the main incentive platform for the BCM BeWell program. You can earn BCM BeWell Vitality Points for participating in preventative care, racing events, setting personal health goals, nutrition courses and many other activities offered through BCM BeWell.
   d. The BCM BeWell Vitality Points you earn can be converted to Vitality Bucks, which may be redeemed for gift cards and activity devices. Eligible participants can also earn a medical premium reduction by accumulating points in the portal.
   e. The [Earning Points and Status flyer](#) will show you various ways you can earn points within the portal. Additional opportunities to earn points through BCM BeWell will be announced throughout the year.

3. **Schedule a BCM BeWell Biometric Screening (Vitality Check) through BCM BeWell or your primary care physician**
   a. Completing your yearly physical is a key step to preventing chronic conditions. Within the BCM BeWell portal you can schedule a biometric screening at no cost either onsite (when available) or offsite at a Quest clinic throughout the year. You may also use results obtained from your physician to earn up to 3,300 BCM BeWell Vitality Points through the portal.
   b. To schedule an onsite or offsite screening through BCM BeWell please call 1-855-623-9355 or go to [www.powerofvitality.com](http://www.powerofvitality.com) > Search “Vitality Check” in the box at the top > click the Quest hyperlink on the right side. This will redirect you to the page where you can verify your information and schedule an appointment.