2017 EARNING POINTS AND STATUS

HOW TO EARN BCM BEWELL VITALITY POINTS:

WELLNESS PORTAL ACTIVITIES

The charts below show the BCM BeWell Vitality Point value of many activities available. Points shown are for an individual member in your program year.

VITALITY GOALS

Vitality will recommend goals that fit your particular health profile and you will also have the opportunity to select and engage in goals of your own choosing and keep them relevant through weekly interaction.

All you need to know about earning BCM BeWell Vitality Points is available in the Quick Points Planner or in the Guide to Vitality on the PowerofVitality.com.

HOW TO EARN BCM BEWELL VITALITY POINTS

VITALITY REVIEWS

Activity Points Frequency
Vitality Health Review™ (VHR) 500 Once per year
VHR bonus: First 90 days 250 Once per year
Mental Well-being Review 75 per review Four per year
Physical Activity Review 250 Once per year

PHYSICAL ACTIVITY

Activity Points Frequency
Self-reported workout 5 Once per day
Light workout 5 Once per day
Standard workout 10 Once per day
Advanced workout 15 Once per day
Sports league 350 Up to category max
Athletic event: level 1 250 Up to category max
Athletic event: level 2 350 Up to category max
Athletic event: level 3 500 Up to category max
Workout milestone bonus varies Up to category max

Category maximum: 7,000 points
Max one workout per day

PREVENTION

Activity Points Frequency
Health screening* 400 Once per year per screening
Dental check-up 200 Once per year
Flu shot 200 Once per year

*Health screenings include colorectal screenings, mammograms and Pap smears, and are subject to certain requirements.

GOALS

Activity Points Frequency
Goals check in 30 maximum Once per week

VITALITY HEALTHYFOOD

Activity Points Frequency
Purchase qualifying foods 2 per item (up to 50 points per month) Monthly

BCM BeWell is committed to helping members achieve their healthiest lives, and offers rewards to all members who participate in our wellness program. If for any reason, a member is unable to meet an outcome or health-contingent activity standard or its reasonable alternative, a medical waiver is available.

VITALITY STATUS

Vitality Status® is determined by the number of BCM BeWell Vitality Points that you earn based on the activities in which you partake. There are four Vitality Status levels: Bronze, Silver, Gold and Platinum.

<table>
<thead>
<tr>
<th>BRONZE</th>
<th>SILVER</th>
<th>GOLD</th>
<th>PLATINUM</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 pts</td>
<td>2,500 pts</td>
<td>6,000 pts</td>
<td>10,000 pts</td>
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BCM BEWELL BIOMETRIC SCREENING (VITALITY CHECK)

Activity Points Frequency
Body Mass Index (BMI) 125 Once per year
Blood pressure 125 Once per year
Cholesterol 125 Once per year
Fasting glucose/Hb1c 125 Once per year
BMI 1000 Once per year
Blood pressure 600 Once per year
Cholesterol* 600 Once per year
Fasting glucose/Hb1c 600 Once per year
Non-tobacco user 725 Once per year

* Total cholesterol or low-density lipoprotein (LDL)

A reasonable alternative standard is available when a member is unable to achieve in-range results. Please contact wellness@bcm.edu to learn more.

ONLINE EDUCATION

Activity Points Frequency
Interactive tools 75/calculator Four per year
Nutrition online courses 300/course Three per year
Action Sets/Decision Points 50 each Six per year
Health FYI Webcasts 50/webinar Twelve per year

CERTIFICATIONS

Activity Points Frequency
CPR 125 Once per year
First aid certification 125 Once per year

OTHER ACTIVITIES/ BCM BEWELL ACTIVITIES

Activity Points Frequency
Vitality Squares varies Once per month
Living Smoke Free Course 725 Once per year
Employer-sponsored activity
Fidelity or TIAA Consultation 200 One per year
BCM BeWell Presentation 200 One per presentation
DocTalk 100 One per presentation
Weight Watchers 50/350 One per year/ quarter
Healthy Pregnancy 350/750 One per child
Program
Quit Power 350/750 One per year
Getaway to Good Health Up to 5000 One per day
BCM BeWell Biometric Screening and 2017 VHR 2000 One per year

Please check the BCM BeWell intranet page and announcements for other activities worth BCM BeWell Vitality Points throughout the year.