Blueprint to the
Better You Incentive

Your handy guide to understanding Better You Incentive deadlines and requirements, so you can take action to care for your health *and* pay at least **$1,200/$2,400 less** in BW medical premiums!

BETTER YOU INCENTIVE REQUIREMENTS

1 Register and complete the once-per-lifetime **Quantum Health Get Connected** process.

2 Complete and report all actions on your **Quantum Health Track,** an action plan that tracks your completion of these critical prevention activities:
a. Obtain **GOLD** (or higher) status in Vitality, our online personalized wellbeing program.
b. Complete an annual physical and all age/gender-appropriate **preventive screenings.**

See next page for more!

Remember: Team members and covered spouses INDIVIDUALLY earn the Better You Incentive, but the incentive grows when both team members and covered spouses make progress on their wellbeing journey.

DEADLINE DETAILS

- **CURRENT medically enrolled team members (AND covered spouses):** September 30 EACH YEAR (for savings in the NEXT calendar year)
- **NEW medically enrolled team members (AND covered spouses) with a benefit start date* between January 1 and May 31:** September 30 THIS YEAR (for savings in the NEXT calendar year—Welcome Boost introductory savings continue through the end of THIS calendar year)
- **NEW medically enrolled team members (AND covered spouses) with a benefit start date* between June 1 and December 31:** Between October 1 THIS YEAR and September 30 NEXT YEAR (for savings in the YEAR FOLLOWING— Welcome Boost introductory savings continue through the end of NEXT calendar year)

**For new hires, this refers to your first day with BW. For those with a qualifying life status change, this refers to the day of your life event.*

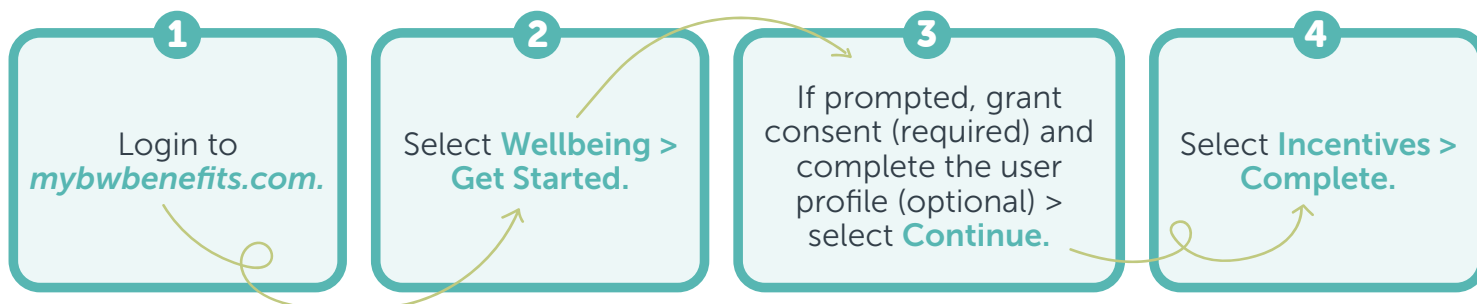## COMPLETE THE QUANTUM HEALTH GET CONNECTED PROCESS

Here's how to register and complete the **Quantum Health Get Connected** process (if you have not already done so):

1. Visit *mybwbenefits.com* and click **Register.**
2. Enter your personal information and click **Next.**
3. Enter your preferred e-mail address (required) and mobile phone number (optional) and click **Next.**
4. Create your password and click **Next.**
5. Enter the verification code e-mailed/texted to you and click **Verify,** then click **Log in** to access your account.
6. Click **Care > Designate Your PCP.**
7. Enter your primary care provider's information and click **Search.**
8. Once you have found the provider you wish to designate as your primary care provider, click **Designate Provider.**
   a. If you can't find your primary care provider in the list, click **Add Your PCP.**
   b. Enter the provider information and click **Submit.**

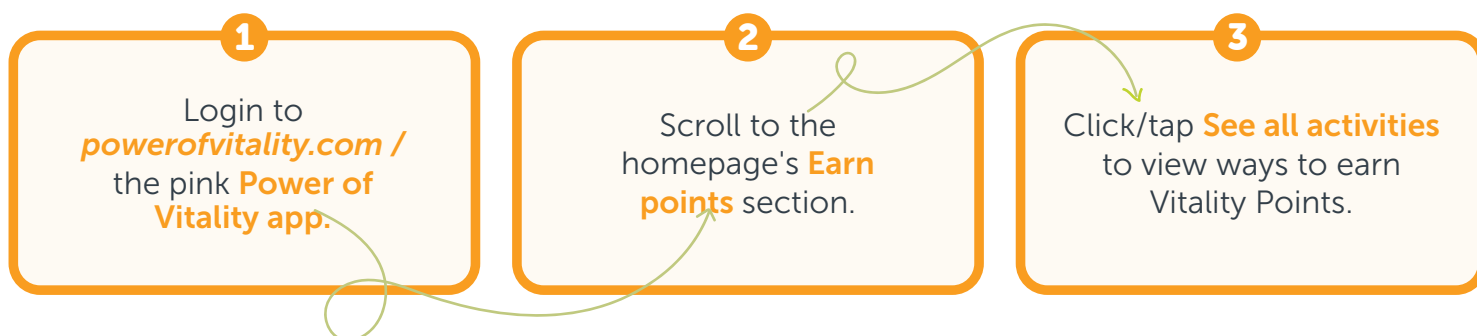By completing these steps, you fulfill the first requirement of the Better You Incentive!

bw **wellbeing**
BECOME YOUR BEST YOU

bw
BETTER WORLD

CHECK YOUR QUANTUM HEALTH TRACK

Here's how to view your remaining actions:

1 Login to *mybwbenefits.com.*

2 Select **Wellbeing > Get Started.**

3 If prompted, grant consent (required) and complete the user profile (optional) > select **Continue.**

4 Select **Incentives > Complete.**

REACH GOLD IN VITALITY

Does your Quantum Health Track note that you need to reach **GOLD** status in Vitality? Visit *bwwellbeing.com* and view the **Vitality Path to Gold and Beyond** or follow these steps for some Vitality Point-earning inspiration:

1 Login to *powerofvitality.com* / the pink **Power of Vitality app.**

2 Scroll to the homepage's **Earn points** section.

3 Click/tap **See all activities** to view ways to earn Vitality Points.

COMPLETE YOUR PREVENTIVE SCREENINGS

Have some **preventive screenings** you need to complete and report to Quantum Health? Get those scheduled—*they will be covered at 100%!*—and after your appointments, you automatically will earn Vitality Points!

Screening/Exam	Frequency	Men	Women	Age	Vitality Points Available
Physical*	Annually	●	●	18+	400 points
Colorectal Cancer Screening (any one of the three)**					
• Fecal occult blood test	Annually				
• Sigmoidoscopy/barium enema, X-ray	Every 5 years	●	●	45-75	400 points
• Colonoscopy	Every 10 years				
Cervical Cancer Screening (Pap smear)	Every 3 years		●	21-65	400 points
Breast Cancer Screening (mammogram)	Every 2 years		●	40-74	400 points
Osteoporosis Screening (DEXA scan)	Every 2 years		●	65+	400 points

Your FREE, confidential biometric screening does NOT count toward your annual physical requirement.

**Cologuard does not satisfy the colorectal cancer screening requirement for the Better You Incentive.*