

BCSD Wellness Program Wellness Points FAQ

Are you making strides in your personal wellness journey?

Did you know you can earn Amazon gift cards for all of the things you're doing to keep yourself healthy and well? It's true! For every 500 points, you can earn $5 in Amazon gift cards!

Earn Points

BCSD.personalhealthportal.net

Participants in the BCSD Wellness Program can earn points for various health and wellness activities throughout the year. Review all of your options on the wellness portal in the "Program" tab; in the BCSD Wellness Program Guide (see the following pages). Points can be earned between July 1 and June 30 of each year.

See the following page to learn what points are added automatically and which require documentation.

Documentation

For any points you wish to be added, forward a copy of a receipt, explanation of benefits, or anything else that shows what was completed and the date. Forward to: Wellness Coordinator Anna Rose - arose@swgeneral.com / FAX: 440 816 51113
(You can even snap a photo of the documentation with your phone and email that!)

When are Points Added & Cards Sent?

Submissions for points are added nearly daily!

Gift cards are sent weekly on Mondays for any points redeemed by noon. Gift cards are sent in the form of a gift code from Amazon to the email address on file in your portal account - make sure to check yours is correct in your account!

Cash in!

Points can be redeemed in increments of 500 for $5 (500 points = $5). Here's how:

In your Wellness Portal account, go to the "Program" tab and scroll down to the "REDEEM" button to redeem 500 points. Click "Log Activity," then the green check mark on the next page to redeem in increments of 500 points. Repeat for as many increments of 500 points as you'd like (for as many points as you have). You can check your total amount of points in the upper right hand corner of the "Program" page, as well. You'll receive one gift card with the total amount of 500 point increments you redeemed.

Questions?

Contact the Help Desk at 855.581.9910 for help logging in or connecting your fitness tracking device.
Questions on the BCSD Wellness Program or Wellness Coaching? Contact Southwest General Wellness Coordinator Anna Rose at arose@swgeneral.com

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Southwest General Wellness



2024-2025 Wellness Activities

Everyone's pathway to wellbeing is just a little bit different. In the BCSD Wellness Program, you can earn Amazon gift cards by completing different activities to promote health and wellness. For every 500 points earned, you can cash them in for $5 in Amazon gift cards. Points for the 2024-2025 program can be earned between July 1, 2024 and June 30, 2025.

How are Points Added?

Points are added automatically in your account when you complete activities in the following categories (See next page for point totals and options):

- Health Assessments
- Physical Activities (Exception: Sports Leagues & Verified Fitness Events)
- Wellness Metrics
- Wellness Metrics with Outcomes
- Flu Shots

Participants can send documentation to Southwest General Wellness to earn points in the following categories:

- Sports Leagues & Verified Fitness Events
- Certifications
- Preventive Care

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Southwest General Wellness

Please send documentation to Southwest General Wellness Coordinator Anna Rose at arose@swgeneral.com, or fax to 440.816.5113. Points are added at the end of each week.

The Southwest General Wellness program is voluntary, but participants who choose not to participate will be responsible for a greater contribution to healthcare costs in 2025. If the requirements are medically inadvisable or unreasonably difficult for you to achieve, there are other ways to qualify for the incentive. Contact Southwest General Wellness for options.

2024-2025 Wellness Activities



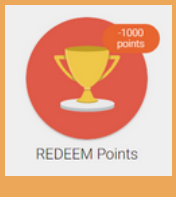
Wellness Metrics	Points *Earned Annually*
BMI Screening	125
Blood Pressure Screening	125
Cholesterol Screening	125
Fasting Glucose Screening	125

Wellness Metrics *with Outcomes*	Points *Earned Annually*
BMI </= 24.9 Kg/m2	125
Blood Pressure </=120/80 mmHg	125
Total Cholesterol </=200 mg/dL	125
Fasting Glucose </100 mg/dL	125

Certifications	Points *Earned Annually*
CPR	125
First Aid	125

Preventive Care	Points *Earned Annually*
Health Screening (Colorectal Cancer, Well Woman, Mammogram)	400
Dental Exam	200
Flu Shot	200

Cash in Your Points!



In your Wellness Portal account, go to the "Program" tab and scroll down to the "REDEEM" button to redeem 500 points. Click "Log Activity," then the green check mark on the next page to redeem in increments of 500 points. Repeat for as many increments of 500 points as you'd like!

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Southwest General Wellness

See the next page for more options to earn points and incentives.

2024-2025 Wellness Activities



Health Assessments	Points
Personal Health Assessment (PHA) Completion	500 *Annually*
Personal Health Assessment (PHA) Completion within 90 days of July 1	250 *Annually*
Meet with Wellness Coach *in person or virtually*	50 6 *Annually*
Message/Engage with Wellness Coach via Wellness Portal	5 6 *Annually*

Points for Health Assessments are added automatically when completed

Physical Activity	Points
Active Minutes	25 *for every 450 minutes logged*
5,000 Steps	5
10,000 Steps	10
15,000 Steps	15
Sports League	350 *Each*
Verified Fitness Event	250 *Each*

Physical Activity Category Max: 7,000 Points.

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