

Blueprint to the Better You Incentive

UNDERSTAND THE BETTER YOU INCENTIVE REQUIREMENTS

Take action to care for your health in 2024 by completing the requirements of the Better You Incentive, and pay at least \$1,200/\$2,400 less in 2025 BW medical premiums than those who do not participate. To earn the incentive, you (AND your covered spouse) have until **September 30, 2024**, to:

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 p. 2 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.

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**.

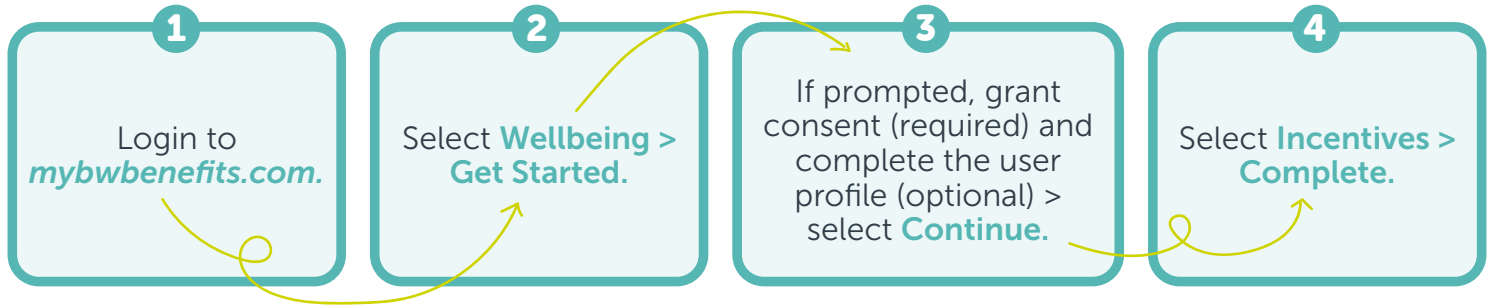
By completing these steps, you fulfill the first requirement of the Better You Incentive!

Please note: If you've already completed this process but haven't updated your login information since November 30, 2023, you will need to complete steps 1 to 5 to continue accessing Quantum Health's services.



CHECK YOUR 2025 QUANTUM HEALTH TRACK

Here's how to view your remaining actions:



REACH GOLD IN VITALITY

Does your Quantum Health Track note that you need to reach **GOLD** status in Vitality? Follow these steps for some Vitality Point-earning inspiration:



VIEW 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, be sure to submit verification to Vitality to 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		●	50-74	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.