

# 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:

- Obtain **GOLD** (or higher) status in Vitality, our online personalized wellbeing program.
- 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

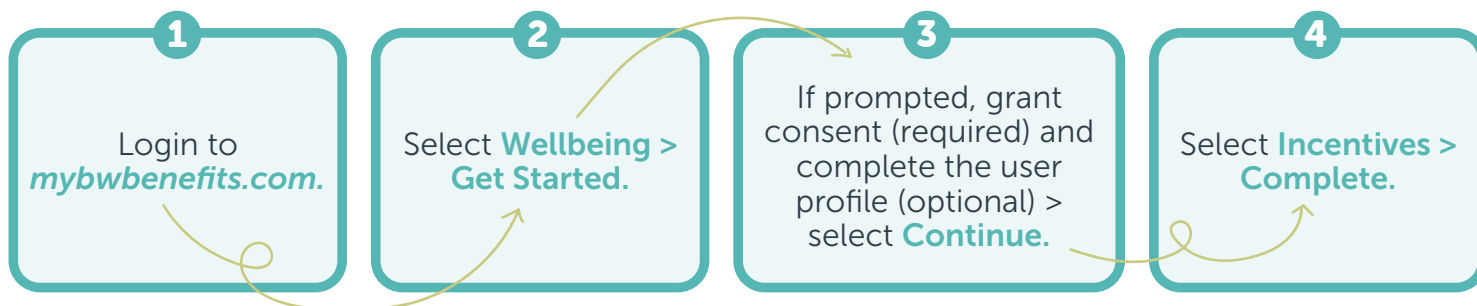
Here's how to register and complete the **Quantum Health Get Connected** process (if you have not already done so):

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

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

## CHECK YOUR 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? Visit [bwwellbeing.com](https://bwwellbeing.com) and click **Engage in Vitality > Vitality Path to Gold and Beyond** or follow these steps for some Vitality Point-earning inspiration:



## 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.