

Be Alive Points Program

Eligibility

Any employee can participate as long as they are members of the BCBS Select Medical Benefits Program.

Overview

Points Program is designed to reward those enrolled for participating in nutrition, exercise, and other wellness-related activities that promote better health. It encourages participants to find new ways to engage in healthful activities and adopt new, healthy behaviors. Everyone can benefit from this program, regardless if you're a beginner or a health fanatic! Earn points and earn rewards for your healthful efforts!

How to Earn Points

Points are earned by participating in events provided by the program or on your own. A certain number of points will be associated with each activity you complete. Available events and activities will be communicated to you by the health coach and wellness representatives.

Activities include (but are not limited to):

- Completion of the Weekly/Monthly Challenges
- Completion of Nutrition Quizzes
- Attendance in Education Sessions (cooking demos, lunch 'n learn, grocery store tour).
- Participation in "Exercise Experience" events
- Participation in Alive & Well Competitions/Tournaments
- See Health Coach/Dietitian for Nutrition Counseling
- Receive a Biometric Screening
- Keep an Exercise Log and Reach the Specified Goal

All participants will report their completed activities to the Onsite health coach, Katie Massman. Some activities will require a form/questionnaire to be completed, while others may require that you sign-in to an event. All points will be recorded by the health coach.

Rewards

Participants of the program will be awarded based on the number of points earned throughout the year. All participants will be recognized and receive a reward for achieving the program's goal. However, those who go above and beyond, achieving

more points, will be rewarded further. In addition to end-of-year rewards, participants may receive prizes and freebies at different events!

Prizes will also be awarded to the school or department with the greatest amount of total points collected by participants throughout the year. We want you to be a team! Each individual that earns points will also earn points for their school or department. The school with the most points will win a prize!

To enroll, please complete an enrollment form provided by your wellness representative or Onsite health coach. Enrollment can be completed at any time during the school year. However, those who enroll by October 1st will receive 2 points. Enrollment forms should be submitted to the Onsite health coach (Katie Massman, katie.massman@cmcss.net) by the participant.