

Be Alive Points Program

Eligibility

All employees can participate, however, only those who are members of the BCBS Select Medical Benefits Program can receive prizes (with the exception of t-shirts—ALL employees can receive a t-shirt for reaching the goal).

Overview

This 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 Nutrition Education Sessions
- 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

Points are recorded using an online system, bealive.cmcss.net, which may be accessed via the instructional document on aliveandwell.cmcss.net. Email will be used to communicate point-earning opportunities.

Upcoming events and activities will also be listed on the online portal system.

Rewards- Individual and Team

Individual:

Participants of the program will be awarded based on the number of points earned monthly and annually. 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.

Team:

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.

Therefore, even if you are not eligible for gift card prizes, you are still earning points for your school. The top five schools and departments with the most points will win \$250! The top five schools and departments with the most participants enrolled by September 30th, 2017 will win \$250 as well.

Enrollment and Online Access

Enrollment instructions can be found online via aliveandwell.cmcss.net.

The online portal can be found at <https://bealive.cmcss.net>.

An online portal will allow CMCSS employees to enroll in the program, view their points, and view their ranking via a leaderboard. Employees will be able to access the online portal at any time. Points will be updated periodically by the employee wellness coordinator.

For further instructions, questions, or assistance with the Alive and Well program please contact Employee Wellness Coordinator, Katie Massman, at katie.massman@cmcss.net.