

2019-2020 Be Alive Points Program Overview

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!

Be Alive Points Program Enrollment Instructions

CMCSS Employees Enrollment

CMCSS employees may enroll in the program by taking the following steps:

1. Visit <https://BeAlive.cmcoss.net/> in your web browser.
2. If you have previously enrolled in a prior session, Login using your email and password. You will be automatically enrolled.
3. If you're new, press the "Enroll Now" button.
4. Fill in your details on the form and press the *Enroll* button.

Once enrolled, participants may return to the site at any time by directly signing into [https:// BeAlive.cmcoss.net/](https://BeAlive.cmcoss.net/) or by signing into the Employee Single Sign-on Portal (<https://portal.cmcoss.net/>) and pressing the *Log Me In* button for the *Be Alive* application.

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

The online portal will allow 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.

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 participants monthly by the employee wellness coordinator and wellness representatives. Participants can earn points beginning **September 1, 2019 and ending May 1, 2020.**

Activities include (but not limited to):

- Completion of Challenges (5 points)
- Completion of Nutrition Quizzes (5 points)
- Attendance at Education Sessions (ex: cooking demo, lunch & learn, grocery store tour; 5 points)
- Exercise Event or Pop-up (5 points)
- Participation in Alive & Well Competitions/Tournaments (10 points)
- Exercise Log (1 point for every 30 minutes of exercise; no more than 2500 minutes or 100 points per month)
- Complete biometric screening and follow-up
- Apply for bonus points for competitive athletic events

*Associated points are subject to change.

Points Program Goals (for prize eligibility)

50 points or higher monthly

300 points or higher by May 1st, 2019

Points Viewing

Participants may view their individual and team points at <https://bealive.cmcss.net>.

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, earning more points, will be rewarded further.

To receive a monthly reward, you must earn 50 or more points. To receive annual rewards, you must earn 300 or more points.

Monthly: Top 15 \$50 (can only win ONCE!; hint: as time goes on, your chances are better)

Annual: Top 10 \$250, 11-20 \$200, 21-30 \$150, 31-40 \$100, 41-50 \$75, 51-100 \$50,

All others reaching over 300 points \$25 (EVERYONE REACHING OVER 300 POINTS WINS!)

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.**

Team Competition:

Top 5 (most enrolled participants by September 15th): \$250

Top 10 (most points): 1-\$500, 2-\$450, 3-\$400, 4-\$350, 5-\$300, 6-10 \$250

*prizes are subject to change at any time

Exercise Tracking Instructions

Participants may track the number of minutes they exercise for points. One point will be awarded for every 30 minutes. **Please only record minutes of deliberate exercise you completed each day (ex: 30 min running).** This cannot include exercise during work hours or activities of daily living, except for lunch or specified breaks.

Examples of activities that will **NOT** be counted as exercise:

- Cleaning
- Walking during work hours
- Walking around the house
- Mowing
- Shopping
- Walking around at a theme park
- Steps translated into active minutes by a fitness tracker

Exercise minutes will be submitted on a monthly basis (ex: Sept 1-30) via the Be Alive portal at <https://bealive.cmcss.net/>. When an exercise log is available for submission it

will appear on the left-hand side under the “Important” heading, stating that the activity “needs your attention”. You may click “Submit Exercise Logs” to begin your submission.

YOU MAY NOT SUBMIT MORE THAN 2500 MINUTES WITHIN ONE MONTH.

If you are found to have counted exercise minutes falsely, you will be subject to disqualification from the program.

Quiz and Challenge Guidelines

Quizzes

- Steps:
1. Complete quiz in google docs
 2. Enter participation on Be Alive portal

Must complete the quiz within the month it is open to receive points.

May only miss one question to receive points for participation.

Challenges

- Steps:
1. Complete challenge in google docs
 2. Enter participation on Be Alive portal

Must complete the challenge within the month it is open to receive points

Points will not be rewarded if challenge is turned in before potential window of opportunity.

- o If challenge lasts 3 days, you may turn in challenge on the 4th of the month
- o If challenge lasts 7 days, you may turn in challenge on the 8th of the month
- o If challenge is turned in before the window of opportunity, this will result in no points

For further instructions, questions, or assistance with the Alive and Well program please contact Employee Wellness Coordinator, Katie Massman, at katie.massman@cmcss.net. All rules, prizes, and programming are subject to be changed at any time by program administrators if needed.