

# GETTING STARTED ▼



Thank you for your interest in the BCM LIFE wellness initiative offered by Baylor College of Medicine. The goal of the program is to create a culture of wellness at Baylor and to provide education and resources to students to assist with improving their overall health and wellbeing.

As a student at BCM, you are automatically eligible to participate in BCM LIFE and all it has to offer! There are certain parts of the program that require registration. Please see below for information and instruction about participating. If you have questions, please contact BCM LIFE at [bcmlife@bcm.edu](mailto:bcmlife@bcm.edu).



## 1. Visit the BCM LIFE Internet Page

- The page includes information about the BCM LIFE program and incentives offered, including BCM swag and more. It is also a great resource to learn about resources that support all dimensions of well-being. Check back often for updates and to learn about new activities.
- From [bcm.edu](http://bcm.edu), go to Education > Academic & Faculty Affairs > Student Services > Student Wellness
- <https://www.bcm.edu/education/academic-faculty-affairs/student-services/student-wellness/bcm-life>



## 2. Register in the BCM LIFE Wellness Portal [www.powerofvitality.com](http://www.powerofvitality.com)

- The wellness portal holds vast amounts of resources to help you improve your health and wellbeing.
- Begin by completing your Vitality Health Review to get started on your personal pathway.
- The portal is the main incentive platform for the BCM LIFE program. You can earn BCM LIFE Points for participating in preventative care, athletic events, nutrition courses, tracking personal health goals, and many other activities offered through BCM LIFE.
- The BCM LIFE Points you earn each semester can qualify you for swag items, like t-shirts, gym bags, arm bands, water bottles and more!
- The Earning Points and Status flyer will show you various ways you can earn points within the portal. Additional opportunities to earn points through BCM LIFE will be announced throughout the year.



## 3. Participate in activities, challenges and events throughout the semester

- This multi-year challenge begins in January each year. Participants will be encouraged to keep track of their physical activity, learn about Baylor College of Medicine's international projects and join colleagues in a journey toward well-being. Registration and details for this challenge can be found here: [powerofvitality.com](http://powerofvitality.com) > COMMUNITY > My Challenges.
- Check the internet page, social media pages and Student Commons for current events and activities.

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[www.powerofvitality.com](http://www.powerofvitality.com)

LIFE



# 2022 Earning Points and Status

## How to earn BCM BeWell Vitality Points:

### VITALITY ACTIVITIES

The charts below show the Vitality Points™ value of many activities available. Points shown are for an individual member in a program year.

### POINTS PLANNER

The Points Planner under the Points tab on the Vitality website features tiles with all the categories in which you can earn Vitality Points. Choose the categories in which you are interested. Each houses activities that you can complete and shows how many points are available to you in that category. It's an interactive way to plan your Personal Pathway to better health.

All you need to know about earning BCM LIFE Points and achieving Vitality Status is available in the Guide to Vitality on PowerofVitality.com.

## Ways to earn BCM LIFE Vitality Points

### VITALITY REVIEWS

Activity	Points	Frequency
Vitality Health Review™ (VHR)	500	Once per year
VHR bonus: First 90 days	250	Once per year
Mental Well-being Review	75 per review	Three per year
Physical Activity Review	250	Once per year

### PHYSICAL ACTIVITY

Activity	Points	Frequency
Self-reported workout	5	Once per day
Light workout	5	Once per day
Standard workout	10	Once per day
Advanced workout	15	Once per day
Sports league	350	Up to category max
Athletic event: level 1	250	Up to category max
Athletic event: level 2	350	Up to category max
Athletic event: level 3	500	Up to category max
Workout milestone bonus	varies	Up to category max

Category maximum: 7,000 points

Max one workout per day. We will award only the highest level workout.

### PREVENTION

Activity	Points	Frequency
Health screening*	400	Once per year per screening
Dental check-up	200	Once per year
Flu shot	200	Once per year

\* Health screenings include colorectal screenings, mammograms and Pap smears and are subject to certain requirements.

### VITALITY CHECK®

Activity	Points	Frequency
Body Mass Index (BMI)	125	Once per year
Blood pressure	125	Once per year
Cholesterol	125	Once per year
Fasting glucose/HbA1c	125	Once per year
BMI	1000	Once per year
Blood pressure	600	Once per year
Cholesterol*	600	Once per year
Fasting glucose/HbA1c	600	Once per year
Non-tobacco user	725	Once per year

\* Total cholesterol or low-density lipoprotein (LDL)

## How to achieve Vitality Status:

### VITALITY STATUS

Vitality Status is determined by the number of BCM LIFE Points that you earn based on the activities in which you partake. There are four Vitality Status levels: Bronze, Silver, Gold and Platinum.

BRONZE	SILVER	GOLD	PLATINUM
0 pts	2,500 pts	6,000 pts	10,000 pts

A reasonable alternative standard is available when a member is unable to achieve in-range results.

### GOALS

Activity	Points	Frequency
Goals check in	30 maximum	Once per week

### ONLINE EDUCATION

Activity	Points	Frequency
Interactive tools	75/calculator	Four per year
Online nutrition online courses	300/course	Three per year
ActionSets/Decision Points	50 each	Six per year
Health FYI Webcasts	50/webcast	Twelve per year

### VITALITY HEALTHY MIND™

Activity	Points	Frequency
Sleep Well	300 maximum	Once per year
Mindfulness	200 maximum	Once per year

### VITALITY MARKETPLACE

Activity	Points	Frequency
Various Services - Engagement Milestone	Various	Various

### OTHER ACTIVITIES

Activity	Points	Frequency
Vitality Squares™	varies	Once per month
BCM LIFE Presentations	100	Once per presentation
Online Presentation and Quiz	50	Once per quiz
Financial Wellness Seminars	50	As scheduled
DocTalk	50	As scheduled
Quarterly Challenges	Varies	Per challenge
Well-Being Index (WBI)	150	Once per 6 months
Getaway to Good Health	Up to 1750	Once
Biometric Screening Follow-up	250	Once per year
Completing Biometric Screening and VHR	1000	Once per year

Vitality and BCM LIFE committed to helping members achieve their healthiest lives and offers rewards to all members who participate in our wellness program. If for any reason a member is unable to meet an outcome or health-contingent activity standard or its reasonable alternative under Vitality, a medical waiver is available.