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 about participating. If you have questions, please contact BCM LIFE at bcmlife@bcm.edu.

1. Visit the BCM LIFE Internet Page
   a. The page includes information about the BCM LIFE program and incentives offered, including BCM swag and more. It is also a great way to learn about resources that support all dimensions of well-being. Check back often for updates and to learn about new activities.
   b. From bcm.edu, go to Education > Academic & Faculty Affairs > Student Services > Student Wellness.
   c. www.bcm.edu/education/academic-faculty-affairs/student-services/student-wellness/bcm-life

2. Register in the BCM LIFE Wellness Portal ➤ www.powerofvitality.com
   a. The wellness portal holds vast amounts of resources to help you improve your health and wellbeing.
   b. Begin by completing your Vitality Health Review to get started on your personal pathway.
   c. 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.
   d. The BCM LIFE Points you earn each semester can qualify you for swag items, like t-shirts, gym bags, water bottles, a free gym membership and more!
   e. The Earning Points and Status flyer (back) will show you various ways you can earn points within the portal. Additional opportunities will be announced throughout the year.

3. Participate in activities, challenges and events throughout the semester
   a. The 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 > COMMUNITY > My Challenges.
   b. Check the internet page, Twitter page (@BCM_Life) and Student Commons for current events and activities.
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

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 | 500 | 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.