



Getting Started

The BCM wellness portal is filled with fun and engaging activities that inspire you to focus on your well-being goals while helping you earn rewards.

Ready to get started on your personal pathway to improved health? It only takes a few moments to register before you can reap the benefits of your hard work:

How to get started and earn rewards



1. Download the Power of Vitality mobile app or navigate to PowerofVitality.com on your web browser.



2. Register your account and log in to begin using the program and earning points for your healthy activities.



3. Complete your health assessment to receive personalized focus areas based on your lifestyle habits and goals.

Register now on the Power of Vitality mobile app or through PowerofVitality.com. Questions? Contact us for more information at 713-798-4986 or bcm-life@bcm.edu.



Download the Power of Vitality mobile app from the App Store or Google Play



How to Engage for Your Health:

Standard Activities

Standard activities fall within four categories: Assessments, Prevention, Wellbeing, and BCM Life. Points shown are for an individual member in a program year.

Personalized Activities

Personalized activities are recommended to members based on the clinical identifiers defined for the activity.

How to achieve status:

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

BRONZE	SILVER	GOLD	PLATINUM
0 pts	2,500 pts	6,000 pts	10,000 pts
Earn a free membership to the BCM Well-Being Center or BCM Swag	Three-month membership	Five-month membership	Seven-month membership

BCM Life

Resources and activities specifically created for the Baylor community.

Activity	Points per activity/frequency
Getaway to Good Health - first location	500
Getaway to Good Health - second location	500
Getaway to Good Health - final location	750
Community Service	100 (per 6 months)
Quarterly challenges	100 – 350/four per year
Health assessment and biometric screening bonus	500
Biometric screening follow-up	250
DocTalks	50/once per month
BCM Life partner presentation	50/ four per year
BCM Life presentation	100 (4 per year)
BCM Life events	35-50
Financial wellness days	150 (2 per year)
Mon\$yTalk	50 (6 per year)
Financial wellness presentation	50 (4 per year)
Being an organ donor	100
Blood donation	50 per quarter

Assessments

Understanding the member's health risks and needs.

Activity	Points per activity/frequency
Onboarding assessment	75/once per lifetime
Health assessment	500/once per year
Health assessment early completion bonus	250/once per year
Physical activity assessment	75/once per year
Mental wellbeing assessment	75/once per year
Financial wellbeing assessment	75/once per year
Muscle and joint health assessment	75/once per year
Healthy eating assessment	75/once per year
Caregiver assessment	75/once per year
Well-Being Index	150/ once per 6 mths

Wellbeing

Activities to engage members, which include recommended focus areas and goals.

Activity	Points per activity/frequency
Articles	10 each article
Goals	Up to 15 per day
Videos	10 per day
Jumpstart prompts	10 once per month
Reflection prompts	25 once per week
Self-reported workout	5 per day
Light workout	5 per day
Gym workout	10 per day
Standard workout	10 per day
Advanced workout	15 per day
Athletic event & sports league	50
Category maximum: 10,000 points Max one workout per day. We will award only the highest-level workout.	

Prevention

Primary & secondary clinical prevention activities to reduce/ freeze health risk.

Activity	Points per activity/frequency
Flu shot	100/once per year
COVID vaccine	200 once per lifetime
Tetanus vaccine	200 once every ten years
HPV vaccine	200 once per lifetime
Shingles vaccine	200 once per lifetime
Pneumonia vaccine	200 once per lifetime
Dental cleaning	100/twice per year
Biometric screening*	125 per measure/once per year
BMI outcome	1,000/once per year
Blood pressure outcome	600/once per year
Cholesterol outcome	600/once per year
Glucose outcome	600/once per year
Cotinine	725/once per year
Routine physical exam	200/once per year
Having a primary care physician	250/once per year
Skin cancer screening	200/once per year
Breast cancer screening	400/once per year
Cervical cancer screening	400/once every three years
Colon cancer screening	400/once every five years
Prostate cancer screening	400/once per year

*Measures include height and weight, blood pressure, glucose, and cholesterol.



Scan to download or open the Power of Vitality mobile app

Questions? Contact us at 713.798.4986 or wellness@bcm.edu