



Exciting News.

BPA BestLife Member Portal is Live!

BPA is excited to formally announce BPA BestLife, a Web-based platform that is changing the way employers approach workforce health.

The BPA BestLife wellness platform empowers employees to live healthier lives by putting powerful health and wellness tools directly into their hands. These tools include a suite of wellness challenges, fitness reports, diet diaries and goal tracking software available to employees through their personal profiles.



Start Earning Deductible Credits Today!



Sync Your Wearable Device for Easy Reward Tracking

For More Information, Please Contact BPA at 800-277-8973
www.bpabestlife.org

www.bpatpa.com



Welcome to BestLife Rewards!

Today is the first day of your BestLife. Your employer has purchased programs which will assist you in a happier and healthier life. Most healthcare needs are determined by the way you live your life. BPA is committed to your BestLife!

Who Is Eligible?

All employees and their eligible spouses.

What Do You Need To Do?

Please visit www.bpabestlife.org and register to get started.

Every Day, in Every Way – you deserve the best.
Having the BestLife – and getting rewarded!

That's what it's all about!

The Best for You. The Best for Your Company.

What You Need to Know?

The more you become engaged in your BestLife, the more your BestLife will reward you.

Program Tracking

The BestLife Rewards Program will be managed online. Employees must register online in order to participate in the program and verify rewards balances.

Deductible Credit Program Overview

- Points cannot be transferred from member to member.
- The ability to earn new points and roll over is looked at on a plan year basis.
- A maximum of \$750 deductible credit can be redeemed per year.

Device Connectivity:

- Apple Watches
- Jawbone UP Wearable Devices
- Fitbit Wearable Devices
- Email Exercise Functionality
- Garmin Wearable Devices
- Text Exercise Functionality

Deductible Credit Examples

ACTIVITIES	YEAR 1
HRA	\$250
BIOMETRICS	
BMI Less Than 25	\$25
Blood Pressure	\$25
Cholesterol	\$25
Triglycerides	\$25
Non-Tobacco Use	\$200
FITNESS	
30 Days In A 90 Day Period	\$30
Completion of a 5K	\$50
Completion of a 10K	\$100
Completion of a Marathon	\$200
ANNUAL WELLNESS ACTIVITIES	
Annual Physical	\$40
Annual Mammogram	\$40
Annual Pap/Prostate Exam	\$40
Colon Cancer Screening	\$40
DENTAL ACTIVITIES	
Semi-Annual Oral Exam	\$50
Semi-Annual Teeth Cleaning	\$50
HEALTHIESTYOU ACTIVITIES	
ER, Urgent Care or PCP Avoidance	\$50
Register with Telemedicine Provider	
EVERYDAY ACTIVITIES	
Exercise: 5 daily points (30 minutes or 6,000 steps)	
Nutrition: 1 point/entry (Max 5 points/daily)	
Weekly Pledge: 5 points (Track 5 out of 7 days)	
Daily Pit-stop: 1 point per item (Max 5 points/daily)	
Articles: 1 point for each article (6 per month)	
1 Point equals \$1 credit	

Are you ready for a better, healthier life?

How to set up your BPA BestLife Account

BPA BestLife is an amazing online app designed to equip employees with the knowledge and tools they need to enjoy a better, healthier life. Through this free resource, employees can access health insights that will encourage and promote their health journey.



STEP 1:

Visit bpabestlife.org to begin creating your account.

STEP 2:

Once the webpage loads, [click](#) "Need an account? Create one here."

STEP 3:

You will then be prompted to enter your [member ID](#) which can be found on your BPA card.

STEP 4:

Next you will need to enter your [email address](#) and create your [password](#).

STEP 5:

You're in! Begin exploring the BPA BestLife dashboard to discover just how helpful it can be in your health journey.

Please Login

+ Need an account? [Create one here.](#) **2**

Email

Password

Remember me

[Forgot Password?](#)

Login

Signup for - BPA Best Life

Thank you for signing up! Please enter your user code below to begin claiming your account.

Please enter your Member ID

This organization requires a member ID to continue. Please enter it here:

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Thank you! Please fill out the following user details

Email Address:

You will use your email to log in

Desired Nickname:

This is how others will see you

Password

Continue

While visiting your BPA BestLife dashboard employees can:

View current deductible credit tracker



Take the health risk assessment and earn \$250



Keep track of your fitness activities and nutrition daily



Create and participate in community health challenges



Start a wellness pledge to improve your health weekly



Sync your fitness devices for easy tracking

