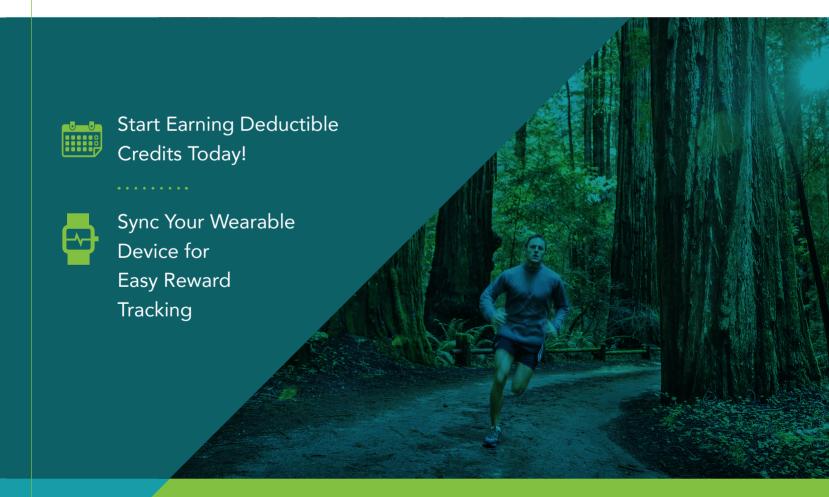


Exciting News.

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.



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
- Fitbit Wearable Devices
- Garmin Wearable Devices
- Jawbone UP Wearable Devices
- Email Exercise Functionality
- 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.



Login

Signup for - BPA Best Life Thank you for signing up! Please enter your user code below to begin claming your account.

Please enter your Member ID This organization requires a member ID to continue. Plea enter 8 here:

Thank you! Please fill out the following user details

€ 20000200



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

