2019 wellness activities

Continue your journey to good health

By completing the wellness activities – a health screening and health questionnaire – you have the power to learn more about your health and lead a healthy lifestyle. You’ll also keep a credit toward your 2019 medical premium when you complete the activities by the deadline (plus another credit if your covered spouse or partner completes them as well).

Get connected @ mywellnessresources.com

Employees and spouses or partners

• Log on to My Wellness.
  o If you have logged on before, enter the same username and password that you created earlier. Similar to other websites you may use, you’ll need to reset your password every 90 days.
  o If you are new to My Wellness, select Employee or Spouse or Partner below Not yet registered? and follow the prompts to create your unique username and password.

• Go to the card titled My Wellness Checklist.
• Select Health Screening or Health Questionnaire to complete each step.

Once you’ve completed and submitted your wellness activities, you can check your completion status on the My Wellness > Rewards tab.

We’re here to help

If you have questions about your wellness activities, contact the My Wellness Member Services Center for Bank of America at 833.525.5788. Representatives are available Monday through Friday, from 8 a.m. to 9 p.m. Eastern (excluding certain holidays).