

U.S. Wellness Activities

Completing your wellness activities can help you learn more about your health and prevent future risks — the best step for staying well. When you complete the activities — a health screening and health questionnaire — you'll also keep a \$500 credit toward your annual medical premium, and an extra \$500 if your covered spouse or partner also completes the activities.

Employees and spouses or partners: Get started on My Wellness

- Log on to [My Wellness](#) — our wellness portal — from any internet-enabled computer or mobile device.
 - If you've logged on before, enter the same username and password you created earlier. Similar to other websites you may use, you'll need to reset your password every 90 days.
 - If you're 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 **Programs**, then select **Health Screening** or **Health Questionnaire** to complete each action.

Keeping your credit is easy

If you're currently enrolled in one of our national medical plans and you (or your covered spouse or partner) have an eligible preventive after coverage begins (and before your wellness activities deadline), the screening portion of your wellness activities will automatically be registered as completed — with no forms to fill out or submit. Medical carriers will provide that information to My Wellness for an automatic completion.

In addition, health questionnaires completed since enrollment will also count toward completion. You can check your completion status on [My Wellness](#). If you click **Home** and then select the **Rewards** tab, you'll see a green check by the activities that are complete.

We're here to help

If you have questions about your wellness activities, contact 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).

Health screening waiver

In response to the ongoing health and humanitarian crisis, if you — or your covered spouse or partner — have not yet completed a health screening and choose not to, you may waive that activity and still receive credit for the health screening.

You are, however, still required to complete the health questionnaire to keep your wellness credit.

You can complete the waiver by visiting [My Wellness > Programs > Health Screening Waiver](#).