

U.S. Wellness Activities

Completing your wellness activities can help you learn more about your health and prevent future risks.

Teammates on a Bank of America medical plan can receive the wellness credit towards their medical premiums by completing the wellness activities by the respective deadlines, and an additional wellness credit if their covered spouse or partner also completes the activities.

Visit [My Wellness](#) to learn more.

We're here to help

If you have questions about your wellness activities, call **833.525.5788**. My Wellness Member Services Center representatives are available Monday – Friday, 8 a.m. to 9 p.m. ET (excluding certain holidays).