

Leading by Example – 600 Points!

Bryant Hart, an Environmental Services supervisor at Memorial Regional Medical Center, and **Milton Conkle**, a boiler operator from Engineering, are encouraging their teams to “just do it” and start using the new Employee Wellness website, BonSecoursBeYourBest.com. They are leading not only by example, but in points earned; they first started using the new website shortly after its launch in October and each have **already earned more than 600 points**.

The website initially seemed intimidating to Bryant and Milton. Both were familiar with the previous website. However, after spending some time learning how to navigate the new site, both say this new platform is easier to use.

Bryant has figured out how many points he can earn each day in the *My Education* section by regularly completing a learning program, reading the Daily Dose article and logging his steps. Both he and Milton also enjoy viewing Cleveland Clinic videos.

Milton participates in the “Stress Free Now” e-coaching program. He receives daily emails, relaxation practices and strategies. Milton also takes advantage of the Health and Wellness Advisors, checking in every three weeks because he says “this helps keep me motivated.” Milton has taken advantage of the Employee Wellness programs and incentives since they started. He says, “that money comes in hand, especially for eyeglasses for me and my wife.”

Bryant and Milton have been true champions of wellness, answering questions from their team members and encouraging others to try it. Milton set his banner to say “keep on truckin’.” These work friends lend a helping hand to each other, and those around them. Bryant and Milton are great examples of what it means to be “Good Help.”

Employees have until **Aug. 31, 2017**, to earn 900 points, which equals **\$900** for those covered on a Bon Secours Medical Plan. All employees who earn at least 200 points a quarter are entered to win drawings worth **\$300** in taxable cash!

Have you gotten started yet on BonSecoursBeYourBest.com?

To qualify for the Incentive payout you must first complete three steps: complete your Health and Well-being Assessment, complete your Biometric Screening and review your results with an advisor from U.S. Preventive Medicine (USPM).

[Click here](#) for the Quick Start guide with more details on how to get started. It's also available at BonSecoursBeYourBest.com under the My Company tab. If you have any questions about the website, please contact USPM at **(866) 713-3989**, weekdays 8 a.m. to 6 p.m., or via email at MemberCare@USPM.com.



employee wellness services