

BOOZ ALLEN HAMILTON INTERNAL

A photograph of a family of five playing soccer in a grassy backyard. A woman in a light-colored t-shirt and jeans is in the foreground, kicking a soccer ball. A young boy in a plaid shirt is on the left, and a young girl in a yellow and white striped shirt is on the right. Another woman in a yellow and white shirt is in the middle. The background shows a house and trees. The image has a teal overlay on the left side.

POWERUP WELL-BEING GUIDE

PURSUING LIFE WITH PASSION AND PURPOSE

We see your commitment to serving our clients and our mission. We're grateful for the work you do, and that's why we're committed to delivering well-being programs that will take care of you and the people you care about. As the future of work changes, we're leveraging on-demand digital resources so you can access them anytime—anywhere you are in the world.

We want you to bring your best self to work each day, and we know that starts with investing in your holistic health and well-being. By focusing on your physical, emotional, and financial wellness, you're building the tools to be your best self, at home and at work.



WHAT IS POWERUP?

We launched PowerUP in 2015 to promote healthy living and emphasize the importance of total well-being. Today, our well-being program helps you and your loved ones increase your focus on prevention, access on-demand resources and activities, and be rewarded for building—and putting into motion—personalized, technology-driven, healthy action plans.

Participation in PowerUP is voluntary, but the program offers something for everybody. There's a wide range of resources to help you take charge of your well-being. Wherever you are on your physical, emotional, financial, or social well-being journey—and whatever your comfort level is with technology—PowerUP provides programs, tools, and resources to help you enjoy the pursuit of better health.

PowerUP provides you with access to:

- **Health and wellness benefits:** View the variety of well-being benefits, tools, and resources available at Booz Allen to help you and your family.
- **Coaching:** Access coaching support for financial issues, stress management, motivation, resilience, back care, nutrition, exercise, sleep, tobacco cessation, and more.
- **New and expanded resources:** Booz Allen is committed to offering future programs and supporting your personal well-being journey. We hope this year's PowerUP program offerings will re-energize you to get or stay well.

CONCERNED ABOUT PRIVACY?

At Booz Allen, we have the highest respect for your privacy, and it's important to us that your individual health information stays personal and confidential. The information you provide at any point during your health assessment or beyond—your responses, your health risks, your outcomes, and the programs you participate in—will be handled with the utmost confidentiality by our PowerUP service providers. No information that could identify you personally will be shared with Booz Allen. The firm will only receive aggregate, anonymous data from our providers.



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1

ASSESS YOUR TOTAL WELL-BEING

When it comes to well-being, we're all in different places. Begin your personal well-being journey by taking a look at where you are within each of the three core areas of well-being (physical, emotional, and financial) and start thinking about where you want to be.



START SMART

Assessing your total well-being is easier than you might think. Answering the questions below is a great place to start. You'll be able to hone in on specific focus areas and know how to take action to improve your total well-being.

PHYSICAL

- Are you up-to-date on getting preventive screenings (annual physicals, well-woman exams, mammograms, colorectal cancer screenings, etc.)?
- Have you had your teeth cleaned in the last six months?
- Are you getting enough sleep?
- Do you exercise on a regular basis?
- Would you like to lose weight?
- How healthy are the foods you eat?
- Are you trying to quit smoking?
- Are you pregnant?

EMOTIONAL

- Do you feel loved and supported?
- Is your everyday life overwhelming?
- Do you feel stressed, anxious, or depressed?
- Are you lonely?
- Do you feel in control of your emotions?
- Are you experiencing relationship or family issues?
- How's your work-life balance?
- Are you struggling with addiction?
- Do you need caregiving support?

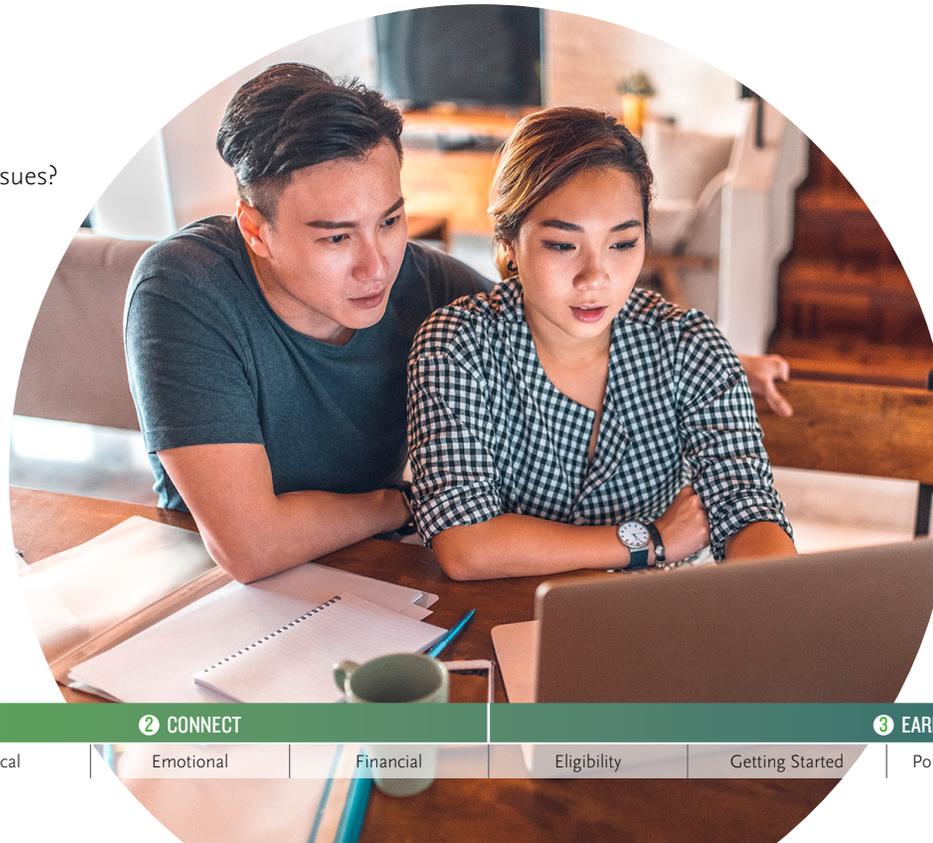
FINANCIAL

- Are you living paycheck-to-paycheck?
- Have you created a budget? If so, do you stick to it?
- Do you have credit card or student loan debt you're trying to pay off?
- If you had a big, unexpected expense, would you be able to pay for it?
- Do you think you're saving enough for the future?
- Do you know your credit score?
- Do you want to make a purchase or down payment but don't have enough money?



NOT SURE WHAT TO DO NEXT?

Booz Allen provides a variety of resources to help you and your family—all of which are highlighted in this guide. But, if you're struggling to find the best place to start, contact the Be Supported Employee Assistance Program (EAP). The EAP supports your well-being with access to professional counseling through convenient virtual, video chat, texting, and telephonic options, as well as a wide range of self-directed online resources and toolkits. Visit eap.bah.com (User Name: boozallen; Password: baheap) or call 833-485-4244; TTY 800-697-0353.



2

CONNECT WITH THE RIGHT SUPPORT

No matter what challenge you're facing or goal you're working toward, there is a resource to support you. Explore the next few pages to see highlights of what's available to you, as well as links and phone numbers so you can start using the resources that align with your needs.



PHYSICAL

- Be Supported Employee Assistance Program (EAP):** Participate in health coaching for sleep, stress, back pain, nutrition, exercise, weight loss, and tobacco cessation.
eap.bah.com | User Name: boozallen; Password: baheap | 833-485-4244; TTY 800-697-0353
- Dental cleanings:** Get 100 percent coverage for routine preventive care, including checkups and cleanings every six months.
 U.S.: deltadentalva.com | 800-237-6060
 Non-U.S.: public.cignaenvoy.com
- Discounts¹:** Explore exclusive offers and deals for Booz Allen employees. Check out the **Health and Wellness** tab to find special deals on gym memberships, meal plans, and more.
discounts.bah.com
- Flu shots:** Platinum, Gold, and Bronze members can access free vaccines at a broad network of pharmacies under the CVS Caremark program. Employees and their dependents who are not enrolled in Platinum, Gold, or Bronze plans can use a free flu shot voucher at CVS pharmacies. International employees can access free flu shots through Cigna.
 U.S.: CVS.com/immunizations/flu
 Non-U.S.: public.cignaenvoy.com
- Health screenings:** Get in-network preventive screenings (annual physicals, well-woman exams, mammograms, etc.) at no cost to you. Visit your medical plan carrier's website to find in-network health care providers.
- Livongo:** Aetna and Innovation Health members who are diagnosed with Type 1 or 2 diabetes can get a cellular-connected meter, free—and unlimited—testing strips and lancets, coaching, and live interventions.
start.livongo.com | 800-945-4355
- Maven:** Get unlimited access to on-demand support for fertility, adoption, surrogacy, pregnancy, postpartum, and returning to work—all at no cost for up to 21 months total.
mavenclinic.com/join/boozallenhamilton
- Medical Plans:** Choose from multiple health plans that you can shape to meet your needs and optimize how you plan and pay for healthcare.
[Aetna/Innovation Health](#) | [Kaiser Permanente](#) | [Cigna](#) | [HMSA](#) | [TRICARE Supplement](#)
- Vision checkups:** Get discounted pricing on annual eye exams, glasses, frames and lenses, or contacts. Check to see if your health plan offers a free annual vision exam.
 U.S./Non-U.S.: boozallen.vspforme.com | 800-877-7195
 Non-U.S.: public.cignaenvoy.com
- Virgin Pulse:** Register with Virgin Pulse for access to physical health daily cards, nutrition guides, sleep guides, stress management and resilience programs (via Whil), digital coaching journeys, and healthy habit support. Participate and create wellness challenges and social groups. Create connections with like minded colleagues and friends to stay motivated and engaged in healthy habits.
PowerUP.bah.com
- WW²:** Receive a 50 percent discount on membership and access programs and support to help you reach your weight management goals. Diabetes coaching is also included.
weightwatchers.com/us/BAH
 Employer ID: 10906742

¹ For U.S. and Canada employees only

² Not available outside of the U.S.



POWERUP PREVENTION

PowerUP makes it easier for you to stay in front of small health concerns before they become larger, and more costly, health care issues.

We put your health first by providing a variety of preventive care options to you and your family—annual physical exams, well visits, dental checkups, and cancer screenings—all at no cost to you if you're enrolled in the appropriate medical, dental, and/or vision plan. Although screenings are free under your Booz Allen medical plan's preventive care benefits, your doctor may charge you a copay or coinsurance for the office visit.

Check with your health care provider to see which screenings are right for you.

RECOMMENDED PREVENTIVE CARE BY AGE GROUP

20s-30s	Annual physical exam Bi-annual dental checkup Annual vision exam Annual gynecological exam Mammogram
40s	All of the above and: Colorectal cancer screening
50s	All of the above and: Prostate cancer exam

Sources: U.S. Preventive Services Task Force; Centers for Disease Control and Prevention; American Cancer Society

Disclaimer: Health guidelines can vary by country and region. Consult your care provider for their advice.

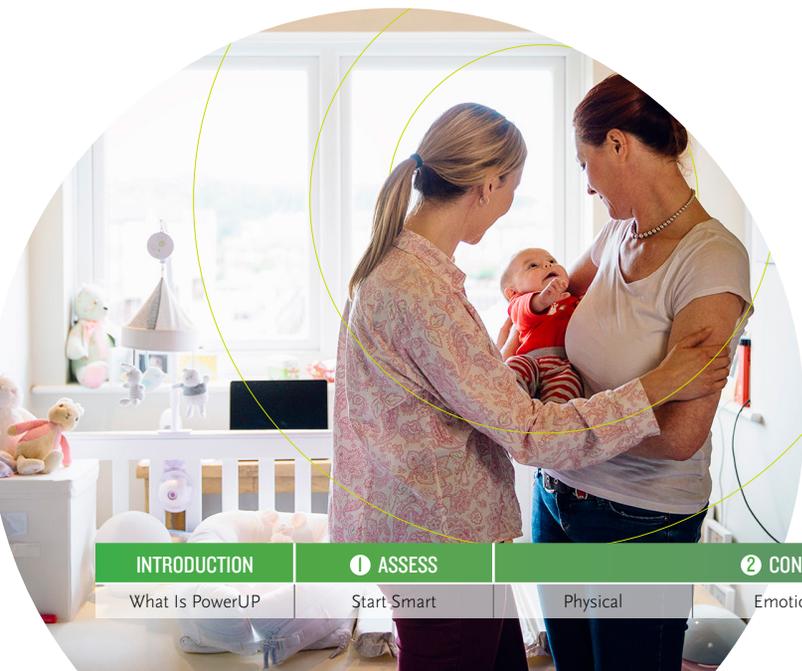
EMOTIONAL

- **Be Supported EAP:** Access confidential counseling that includes eight sessions per issue per year, with an additional four sessions, upon request. This includes virtual counseling that leverages video chat, texting, and telephonic sessions. Expanded diversity in counselors, health care navigation, and family and personal convenience referrals also available.
eap.bah.com | User Name: boozallen; Password: baheap | 833-485-4244; TTY 800-697-0353
- **Teladoc:** Aetna and Innovation Health plan members can receive behavioral telehealth services from licensed professionals via webcam or smart device video—for the same cost as a face-to-face office visit.
Residents of CA, DE, MO, NJ, NY, PA, or VA:
Call Inpathy at 800-442-8938
Residents of KY, LA, MO, OK, OR, or TX:
Call MDLive at 888-282-2522
Residents of all other states:
Call Arcadian Telepsychiatry at 866-991-2103
If you are enrolled in a non-Aetna/Innovation Health plan, check your plan to see if they offer virtual behavioral health services.

- **Booz Allen Cares:** Make a difference in the lives of others through individual or firm-sponsored volunteer opportunities, pro bono work, and donations.
BoozAllenCares.bah.com
- **Business Resource Groups (BRGs):** Join diverse groups within the firm that foster professional development, growth, and visibility to help you make meaningful connections.
brg.bah.com
- **Engage.bah.com:** Access and share firm news and industry insights on this employee advocacy platform.
Engage.bah.com
- **Whil:** Access a host of on demand, clinically validated and science-based solutions that support mindfulness, stress resilience, mental well-being, relationships, and sustainable performance solutions. Sessions include topics geared toward personal well-being and professional development.
PowerUP.bah.com or Virgin Pulse app (select Whil under the **Programs** tab)

- **Family Solutions Support¹:** Access center-based and in-home temporary back-up care for children and disabled adults for \$6 per hour with a four-hour minimum for in-home care and \$15 per child per day for center-based care. Available 24/7/365; you can use it up to 15 times per year. Find additional family support programs for tutoring, learning pods, test prep and (through Sittercity) find nannies, sitters, elder caregivers, pet sitters, and more.
[Family Well-Being on Digital Hub](#)
- **Forums:** Participate in firmwide events that bring employees together to strengthen an inclusive culture and provide opportunities to grow and develop.
Forum Dedicated Yammer (e.g., Rising Leaders Forum, Innovating the Working Mom/Parent Forum)
- **Maven:** Get unlimited access to on-demand support for things like mental health counseling, fertility, adoption, surrogacy, pregnancy, postpartum, and returning to work—all at no cost for up to 21 months total.
mavenclinic.com/join/boozallenhamilton
- **Medical Plans:** Choose from multiple health plans that offer behavioral health services.
[Aetna/Innovation Health](#) | [Kaiser Permanente](#) | [Cigna](#) | [HMSA](#) | [TRICARE Supplement](#)
- **Yammer:** Create social connections, ask questions, and stay engaged via an internal social networking space.
[Yammer](#)

¹Not available outside of the U.S.



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FINANCIAL

- **Be Supported EAP:** Get support with day-to-day budgeting and short- and long-term financial planning. eap.bah.com | User Name: boozallen; Password: baheap | 833-485-4244; TTY 800-697-0353
- **Discounts¹:** Save on entertainment, electronics, and more at thousands of retailers. discounts.bah.com
- **Employees' Capital Accumulation Plan (ECAP):** Save for retirement via ECAP, a voluntary 401(k) plan with matching firm contributions—dollar-for-dollar, up to six percent of your eligible compensation. [Benefits & Wellness - Digital Hub](#)
- **Emergency Loans:** Receive loans in times of catastrophic damage, or loss of your primary residence or mode of transportation. ethics.bah.com/policy-library
- **Emergency PTO Cash:** Cash out accrued PTO in cases of qualified hardships and emergencies. [Benefits & Wellness - Digital Hub](#)
- **Employee Resilience Fund:** Get assistance to cover unforeseen expenses resulting from a sudden, severe, overwhelming, and unexpected event whether a qualified disaster or emergency hardship. Or support fellow employees by donating to the fund. boozallen.e4erelief.org
- **Employee Stock Purchase Plan (ESPP):** Purchase Booz Allen stock at a five percent discount. [Benefits & Wellness - Digital Hub](#)
- **Flexible Savings Accounts (FSAs)²:** Save on taxes when paying for qualified, health-related expenses. PayFlex.com
- **Health Savings Account (HSA)³:** If eligible, save tax-free money for expenses in retirement. PayFlex.com
- **Purchasing Power:** Buy products and pay for them over time, directly from your paycheck. discounts.bah.com | 866-670-3479
- **SoFi²:** Refinance and/or consolidate federal and private student loans, and PARENT Plus loans. Get a \$300 welcome bonus if you or a family member refinances through SoFi. No application fees, no origination fees, and no prepayment penalties. SoFi.com/BAH | 855-456-7634
- **Virgin Pulse (Enrich):** Advance your financial education with the Enrich Financial Wellness program. Access articles, tools, financial calculators, and courses on creating a budget, spending smart, using credit cards responsibly, retirement planning, and more. PowerUP.bah.com
- **Voya:** Contribute to ECAP, access personal finance tools, such as the the [myOrangeMoney[®] Retirement Calculator](#), and talk to a financial professional through the Voya Advisory service. ecap.voya.com | 888-530-ECAP (3227)



¹ For U.S. and Canada employees only

² For U.S. employees and U.S. citizens working abroad who are eligible to participate

³ Not available outside of the U.S.

3

EARN WELL-BEING REWARDS

PowerUP rewards program allows eligible employees and spouses/domestic partners to select from an a-la-carte menu of more than 25 wellness activities to earn points that translate into Well-Being Rewards. You can pick from options that fit your unique needs and interests (tracking steps, attending financial courses, participating in meditation sessions, and more) and complete activities that you would do anyway (getting flu shots, going to the doctor for a physical, and more). Keep reading for details.



ELIGIBILITY

You and your spouse/domestic partner have access to all that PowerUP offers, including Well-Being Rewards, if you are:

- A U.S. or International employee or Officer
- Scheduled to work a minimum of 20 hours per week
- Actively at work or on an approved paid leave of absence
- Enrolled—or not enrolled—in a Booz Allen medical plan

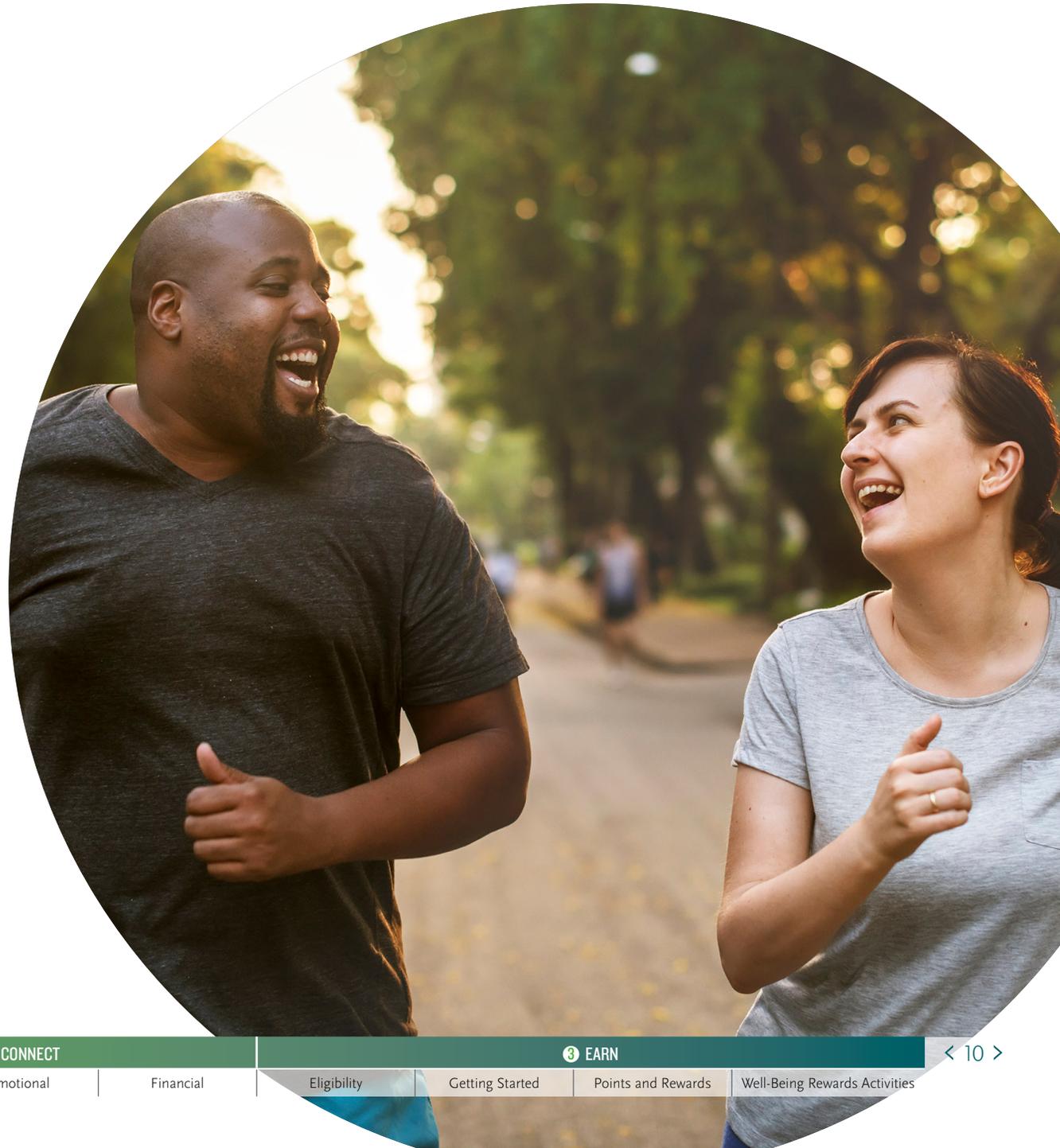
PowerUP and Well-Being Rewards are NOT available to:

- Child(ren) of eligible employees
- Interns
- Temporary employees
- Employees on an unpaid leave of absence
- Independent contractors
- Employees placed by a staffing agency
- Individuals who are not on Booz Allen's payroll

\$400 EACH

Eligible employees and spouses/ domestic partners can each complete wellness activities and earn up to 400 points in Well-Being Rewards (which equals \$400) from January 1 to September 30 every year.

Not currently covered by a Booz Allen medical plan? It's still a good idea to participate in the PowerUP rewards program. Not only can you improve your health and well-being, you can also earn rewards!



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GETTING STARTED

Here's how you and your spouse/domestic partner can get started with the PowerUP rewards program:

REGISTER

ALL BOOZ ALLEN EMPLOYEES AND SPOUSES/DOMESTIC PARTNERS ENROLLED IN A BOOZ ALLEN MEDICAL PLAN

Go to powerupjoin.bah.com

Select Group

- Group 1: ALL EMPLOYEES AND MEDICALLY ENROLLED SPS/DPS

Enter validation information:

- First Name
- Last Name
- Employee ID
- Country
- State

SPOUSES/DOMESTIC PARTNERS NOT ENROLLED IN A BOOZ ALLEN MEDICAL PLAN

Go to powerupjoin.bah.com

Select Group

- Group 2: NON-MEDICALLY ENROLLED SPS/DPS

Enter validation information:

- First Name
- Last Name
- Your spouse/domestic partner's employee ID + "S" (#####S)
- Country
- State

DOWNLOAD

Search "Virgin Pulse" on the App Store or Google Play Store to download the Virgin Pulse mobile app. To log in, enter the email/username and password you used when registering with Virgin Pulse.

EXPLORE

Take a look around the Virgin Pulse mobile app and online portal to personalize your experience.

- Update your profile
- Check out the features that help you track your well-being goals
- Complete the Health Assessment under the **Health** tab
- Identify your Topics of Interest under the **Profile** tab (your personalized dashboard will be based on your responses)
- Create social connections by adding colleagues and up to 10 friends and family members under the **Social** tab

ACT

Choose from a broad menu of healthy habits (for example, Move on the Hour, Relaxation Breathing, or Manage Your Finances) to start tracking your activity by checking "yes/no." Complete activities, accrue points, and earn rewards while getting or staying healthy.



IMPORTANT NOTES ABOUT LOGGING IN

- Once you register with PowerUP, if you are connected to VPN, you can take advantage of a convenient single-sign-on feature to automatically enter the PowerUP platform.
- Logging in outside of VPN will require you to enter your username and password.
 - Note:** You'll only be able to enter a password if your username is a non-Booz Allen email address; usernames that include a Booz Allen email address will utilize Multi-Factor Authentication (MFA) and single-sign-on.
- When you log into the mobile app, there is a one-time Booz Allen MFA process. You will be asked to choose either Gemalto passcode, mobile push approval, or text message. Additional steps will require employee ID and current passphrase.



POINTS AND REWARDS: WHAT TO KNOW

You can choose from a variety of activities to earn points, but the points you earn are not the same as Well-Being Rewards dollars. The points you earn help determine your Well-Being Rewards payout.

WANT TO EARN THE FULL \$400?

You and your spouse/domestic partner can each **earn a maximum of \$400** from January 1 to September 30 every year. See the chart below for a look at the points you'll each need to earn to make that happen—and when you'll receive your payout if you do.

Note: Your Well-Being Rewards are paid to you in the form of a Health Savings Account (HSA) contribution **OR** a taxable payroll credit if you are HSA ineligible.

Booz Allen is not privy to any aspect of your participation, other than whether you've completed the program and are eligible for Well-Being Rewards. Booz Allen and our PowerUP providers follow strict privacy standards to ensure that your personal health information, including any data provided online, is secure and protected. That is our policy, as well as the law, as required by the U.S. Health Insurance Portability and Accountability Act (HIPAA).

VIRGIN PULSE IS OUR PARTNER FOR WELL-BEING REWARDS

Here are highlights of what Virgin Pulse does:

- Administers online challenges, sessions, apps, and programs
- Tracks activity completion and awarded points
- Works with our vendor partners (Aetna, Voya, Maven, WW, Booz Allen, etc.) to provide a streamlined experience
- Collects and administers verified forms (for example, forms for annual preventive screenings for non-Aetna/Innovation Health members, financial advisor, etc.)



PRO TIPS!

Record your activities on the Virgin Pulse rewards platform within 60 days of completing the activity

If you don't do this, you may not earn the rewards points for the quarter.

Note: The points window closes on the last day of each quarter and the program year closes on September 30. Any Aetna/Innovation Health preventive care and screenings that are completed after September 30 will be included in the following program year.

Earn rewards for values-based behaviors

You can earn rewards for completing activities that support the firm's mission, purpose, and value, including:

- Volunteering
- Diversity & Inclusion training
- Emotional Wellness training
- Exploring Your Benefits – Learning Sessions
- Participating in firm-sponsored events, such as the annual Wellness Symposium and Unstoppable

Have questions about your point status?

Contact Virgin Pulse Member Services via email, chat, or phone at 866-941-2143.

TIMING	POINTS EARNED	REWARDS EARNED	PAYOUT
1 First quarter	At least 100 points	\$100	April 30
2 Second quarter	At least 100 points	\$100	July 31
3 Third quarter	At least 100 points	\$100 for at least 100 points; Bonus \$100 for at least 400 points over the first three quarters	October 31

Note: A large green arrow points from the 'At least 100 points' requirement in the first three quarters to the 'Must earn at least 400 points total over the first three quarters to earn bonus rewards' condition for the third quarter.

WELL-BEING REWARDS ACTIVITIES

See the following table for a summary of all activities that you can complete to earn points.

ACTIVITY	POINTS
PREVENTIVE CARE	
Complete annual physical, well-woman exam, and/or age/gender-appropriate cancer screenings; Note: If you complete a screening in the fourth quarter (any time on or after September 30), there's no need to receive another screening to earn points. For Aetna/Innovation Health members, the carrier will send Virgin Pulse a fourth quarter "catch-up" file in early January, and those points will be awarded in the first quarter. For non-Aetna members, ask your doctor to complete and sign the Preventive Screening Form (log into powerupjoin.bah.com , click on Benefits tab, select Preventive Screening and print form) and fax the form to Virgin Pulse at 508-302-0055.	100/quarter
WHIL Log into powerupjoin.bah.com , select WHIL from either Rewards tab or Benefits tab	
Complete 10 WHIL sessions in any one month of a quarter (sessions include meditation, yoga, anxiety, stress management; view WHIL Full Course List)	100/quarter
MYFITNESS PAL	
Track food to measure macro nutrition like protein, carbs, and fat for 20 days in at least one month (at least one meal must be device-validated; connect your device to Virgin Pulse and the data verification will take place automatically)	100/quarter
BE SUPPORTED EAP COACHING Call 833-485-4244 (U.S.); See Global Tree for International to enroll in coaching tracks, including Back Care, Exercise, Healthy Aging, Disease Management, Intentional Eating, Learn to Run, Motivate Me, Resilience Coaching, Sleep Coaching, Tobacco Cessation, Healthy Pregnancy, Weight Management, and Nutrition	
Meet with a Health Coach via video or telephone five times; Note: Only one session can be scheduled per week so plan ahead to ensure you have enough time to complete sessions by the reward deadline; you can schedule your five sessions ahead of time to secure preferred dates/times (coaching hours are 8:30am - 5:30pm EST, Monday-Friday)	100/quarter
Complete one Health Coaching consult	25/quarter
ENRICH FINANCIAL RESOURCES Log into powerupjoin.bah.com , select Benefits tab, then Enrich	
Complete LIVE webinar	75/quarter
Complete online course	50/quarter
Complete Money Personality Assessment	25/program year
Utilize a featured tool	15/quarter
Read an article	
Watch a video	
Create or review a budget	10/quarter
VOYA RETIREMENT PLANNING/ECAP RESOURCES¹	
Attend a learning session	75/quarter
Increase savings rate	75/program year
Use MyOrangeMoney/Model Retirement	50/program year
Use online advice tool for help determining savings rate, choosing investment allocation, linking other accounts, personalizing your experience, etc.	
Meet with a Voya financial advisor; Note: You may also meet with your own personal financial advisor or EAP financial advisor but will need to submit a form if you do (log into powerupjoin.bah.com , go to Benefits tab, then to Financial Advisor to print form)	25/program year
Add/update beneficiary	
Check retirement account balance	15/program year

¹ U.S. employees only

ACTIVITY	POINTS
VIRGIN PULSE PLATFORM ACTIVITIES Log into PowerUP.bah.com	
Track health-related activities for 20 days in at least one month of a quarter	
Steps: Must achieve a minimum of 7,000 to earn points	100/program year
Sleep: Device-validated	100/quarter
Healthy Habit: Choose at least one habit from a vast array of options across Financial, Physical (sleep, exercise, veggies), Emotional, Social, Health Situations (all manual inputs/tracking)	
Participate in challenges	
Booz Allen team-based steps challenge; enroll in at least one challenge for 10 points; weekly tracking earns you 40 points	50/program year
Personal challenge: join one AND/OR create one	25 each/quarter
Complete the promoted healthy habit challenge	25/quarter
Other activities	
Complete your choice of digital health coaching “Journeys”; choose from a menu of physical, emotional, or financial options that span 10 to 30 days	50/quarter
Complete your Sleep AND/OR Nutrition profile	25 each/program year
Participate in ESPP Learning Session: Watch recorded video and pass quiz ¹	25/program year
Complete the Health Assessment to check in on your overall well-being	10/program year
BOOZ ALLEN ACTIVITIES	
Participate in a session/event	
Booz Allen Wellness Symposium (live session only)	75/program year
Booz Allen Unstoppable Summit Activity (live session only) ¹	50/program year
COVID Learning Session (live or recorded session)	
Benefits Learning Session ¹	25/quarter
Non-profit or community volunteer event	15/quarter
Complete series/courses on Degreed¹	
Emotional Wellness Five Signs video series	75/program year
Allyship and Empathy learning course	50/program year
Empathizing Effectively course	25/program year
Conscious Communication course	
Get a COVID Vaccine	50/program year
Participate in Booz Allen Flu Shot program using insurance, voucher, or other program	
Participate in Wellness Wish Grant Program ¹	25/program year
Provide appreciation/thanks using Work Human/Living Our Values platform at least five times in the quarter (5 points each recognition action) ¹	25/quarter

¹ Employees only

ACTIVITY	POINTS
LIVONGO FOR DIABETES¹ Go to start.livongo.com/BAH	
New member	
Enroll in diabetes program; If you have diabetes and are covered under the Aetna medical plan, Livongo provides FREE supplies (unlimited test strips and lancets), a smart meter and real-time health coaching from certified diabetes educators	10/program year
Activate Livongo for Diabetes and use device to take first blood/glucose test; membership is 100% paid for by Booz Allen	15/program year
Active member	
Record at least one meter reading/glucose check/week for each month of the quarter at 5 points/week (20 points/month)	60/quarter
MAVEN FOR PARENTAL SUPPORT	
Enroll in Maven and complete authentication process; membership is 100% paid for by Booz Allen	10/program year
Complete Maven Onboarding Questionnaire	15/program year
Complete introduction appointment with Care Advocate	50/program year
WW FOR WEIGHT MANAGEMENT²	
New members: Enroll in WW program of your choice (WW for Diabetes, Digital or Digital + Workshop)	25/program year
Active member: Track food at least eight times each week for 8-12 weeks in the quarter; Booz Allen pays 50% for membership	50/quarter

¹ Aetna members only

² U.S. only



WANT MORE WELL-BEING RESOURCES?

Explore the [Benefits & Wellness - Digital Hub](#).

This guide highlights key features of Booz Allen Hamilton's benefits program; however, it does not attempt to cover all details. Official plan documents, along with insurance summary plan descriptions governing the operation of the various plans within the program, provide complete descriptions of the plans. If any conflict occurs between the information in this guide and the provisions of the legal documents and contracts, the terms of those documents and contracts will control.

Booz Allen Hamilton reserves the right to modify, amend, suspend, or terminate any plan—in whole or in part—at any time. Participation in these benefits does not give you the right to be employed by the firm or to claim any benefit not covered by the plans.

