Getting Started

Register Online at [BonSecoursBeYOURBest.com*](http://BonSecoursBeYOURBest.com)

Welcome to Be Your Best, a platform developed and maintained by U. S. Preventive Medicine, a leader in the field of health and well-being. To register, please visit [BonSecoursBeYOURBest.com](http://BonSecoursBeYOURBest.com). You will be asked to confirm your information (first name, last name, date of birth, etc.). Then, you will create a username and password that will serve as your secure sign-on each time you log in to the site.

**Already registered?** Log in to [BonSecoursBeYOURBest.com](http://BonSecoursBeYOURBest.com) with your current Username and Password.

Get Ready, Get Set...

On September 14, 2019, your BeYOURBest points will reset to zero. From September 14, 2019 to December 13, 2019, you can earn points for Sweepstakes entries by completing health and well-being activities in the BeYOURBest portal. Prizes include $500 gift cards and a $5,000 Recharge Retreat travel voucher!

Points needed for Sweepstakes entries:
- 50 points = 1 entry
- 75 points = 2 additional entries
- 125 points = 3 additional entries

And Go!

Take control of your health and well-being! A great way to start is by making it a habit to log into [BonSecoursBeYOURBest.com](http://BonSecoursBeYOURBest.com) daily.

Your customized To-Do list on the home page will help you find and participate in activities to increase your Preventive Score — which means you’ll be taking positive steps to improve all five aspects of your well-being:

- Physical
- Emotional
- Social
- Spiritual
- Financial

For specific HRA-related questions, contact HROC (Human Resources Operations Center) at 1-855-336-7600

For web portal related questions, contact USPM’s Member Health Services at 1-866-713-3989, 8 a.m. to 6 p.m. EST or Email: MemberCare@USPM.com

* The portal is optimized for all current versions of web browsers, including Internet Explorer, which is the Bon Secours standard browser.

** When spouses are both Bon Secours employees, only the primary insurance holder will be able to receive Incentive money. Incentives are for employees covered by a Bon Secours Medical Plan. Drawings are for all employees.