

Health rewards

Earn up to \$200 in rewards



It's easy to get started. Here's how:

1. Register or log in at bcbsga.com.
2. Once you're logged in, go to the *Health & Wellness* section.
3. Select *Get My Rewards*.

You'll be taken to the Anthem Health Rewards site, where you can view activities and start earning rewards. See inside to learn more.

How to make good health pay off

It's true that good health is its own reward. But getting something extra feels good, too. That's how Anthem Health Rewards works. It rewards you for taking part in employer-sponsored health and wellness programs. This guide lists the programs and activities you can participate in to:

- Earn rewards
- Learn about reward amounts
- Learn how you can get rewards

When you complete your first healthy activity, you'll get the Health Rewards card. It's a reloadable card you can use anywhere major credit cards are accepted ¹. As you earn more rewards, they'll be automatically deposited into your rewards account and available to spend using your Health Rewards card.



Health Assessment

It's a lot easier to get and stay healthy when you know where you stand. That's what the Health Assessment is for. It gives you a snapshot of your health, so you know what's going well and if there are any at-risk areas you should work on.

- Complete the Health Assessment, earn \$50.

To take the assessment, log in at bcbsga.com and go to the Health & Wellness section. All your information will be kept confidential.²

* To earn rewards for other activities, you must complete the Health Assessment first.

Tobacco Free

Setting health goals is a big deal. Reaching them is an even bigger one. When you achieve the health measures you and your doctor put together, we'll help you celebrate with rewards:

- Confirm you're tobacco free, earn \$50.

To confirm you're tobacco-free, access the Anthem Health Rewards site through bcbsga.com. When you're on the site, you'll find the tobacco-free certification on the *Ways to Earn* page. Follow prompts to complete the online certification. If you're unable to earn the reward for being tobacco-free, you can still earn it by completing a Health Action Plan. The Health Action Plan form is available for download within the online certification process. All Health Action Plans must be filled out and sent in no later than 30 days after the end of the plan period for which you're seeking a reward.

Preventive care

Preventive exams give your doctor a picture of your overall health. They can help you stay healthy, catch problems early and even save your life. Sometimes it's hard to fit regular checkups and screenings into your schedule. For extra motivation, you can earn rewards. All you have to do is see your doctor for any needed exam or care listed below. You'll get your reward once your claims have been processed for all activities:*

- Get an annual wellness exam and flu shot, earn \$100.

Get your wellness exam at your doctor's office (primary care doctor). You can also get your flu shot at your doctor's office, or at a pharmacy or retail clinic. You don't have to complete the wellness exam or flu shot in any particular order or together. Just be sure claims are submitted for both steps by your doctor or other provider to Anthem.

*
disbursed to your rewards account.

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3. Select **Get My Rewards**.

Keep up the good work and let us know if you have questions!

We hope our health rewards gives you some extra motivation to help you stay healthy. If you have any questions, don't have internet access or need help getting your rewards, call the Member Services number on your ID card.

You can also access your rewards through Engage
Just register at bcbsga.com or download the Engage Wellbeing app to get started.



1 This card can be used everywhere Debit Mastercard, Maestro and NYCE cards are accepted. This card cannot be used at any ATM or to obtain cash.

2 As of January 1, 2017, the Equal Employment Opportunity Commission requires spouses/partners to submit a written authorization before completing a health assessment or biometric screening.

Subscribers must be 18 or older to earn rewards.

Rewards are based on benefit plan year.

With exception of the preventive care rewards, most reward payouts are disbursed to your rewards account within 4-5 business days of completing the reward activity.

The amount of rewards loaded to the Health Rewards card may be considered income to you and subject to state and federal taxes in the tax year it is paid. We recommend that you consult a tax expert with any questions regarding your tax obligations.

Health and wellness programs are not covered services under your group's medical insurance policy, but are separate components of your group health plan which are not guaranteed under your insurance Certificate and could be discontinued at any time. If it is unreasonably difficult due to a medical condition for you to achieve the standards (if any) for a reward under these programs, or if it is medically inadvisable for you to attempt to achieve the standards for the reward, we will work with you to develop another way to qualify for the reward.

Blue Cross and Blue Shield of Georgia, Inc. and Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. are independent licensees of the Blue Cross and Blue Shield Association.