

# Wellbeing Solutions




## Focus on wellness and earn rewards up to \$200


### Complete activities to earn rewards

The Wellbeing Solutions program connects you with easy-to-use digital health and wellness tools that can help you stay your best. When you complete any of the employer-sponsored activities below, you'll earn rewards to put toward electronic gift cards for select retailers. Choose the activities you'd like to complete to receive up to \$200.

Activity Type	Activities	Amount
 <p><b>Digital &amp; wellness activities</b> Rewards are added to your account as you complete activities on the Sydney Health app or on <a href="https://www.anthem.com">anthem.com</a>.</p>	Log in to your Anthem account	\$5
	Connect a fitness or lifestyle device	\$5
	Complete a health assessment and receive tailored health recommendations	\$20
	Complete action plans around eating healthy, weight management, and physical activity	Up to \$25 (\$5 per action plan)
	Track your steps	Up to \$60 (\$2 per 50,000 steps tracked)
	Complete Well-being Coach digital daily check-ins <sup>1</sup>	Up to \$20 (\$4 per milestone)
	Update your contact information	\$10



Activity Type	Activities	Amount
 <p><b>Preventive care</b> Complete your annual screenings or wellness visits. Rewards are added to your account after your claim is processed (may take up to 60 days).</p>	Have an annual preventive wellness exam or well-woman exam with your doctor	\$25
	Get an annual cholesterol test <sup>2</sup>	\$20
	Have a colorectal cancer screening (ages 45 and older)	\$25
	Have a routine mammogram (women ages 40 to 74)	\$25
	Have an annual eye exam <sup>3</sup>	\$25
	Get an annual dental exam <sup>8</sup>	\$25
	Get an annual flu shot	\$20

Activity Type	Activities	Amount
 <p><b>Condition management</b> Rewards are added to your account as you meet benchmarks or complete a program.</p>	ConditionCare: Work one on one with your health coach and earn rewards for participating in and completing the program <sup>4</sup>	Up to \$50 (\$20/\$30)
	Building Healthy Families: Help your family grow and thrive through the Sydney Health app and earn rewards for completing certain activities <sup>5</sup>	Up to \$40 (\$10/\$10/\$10/\$10)
	Well-being Coach – Weight Management: Receive one-on-one coaching by phone as you complete your goal to earn a reward <sup>6</sup>	\$25
	Well-being Coach – Tobacco Cessation: Receive one-on-one coaching by phone as you complete your goal to earn a reward <sup>7</sup>	\$25

## Achieve your health goals with Well-being Coach

The Well-being Coach digital coaching app can help you maintain a healthy weight or quit tobacco, while improving your nutrition, exercise, mindfulness, and sleep. To access your Well-being Coach for personalized digital and telephonic support, go to the Sydney<sup>SM</sup> Health app or [anthem.com](https://www.anthem.com).

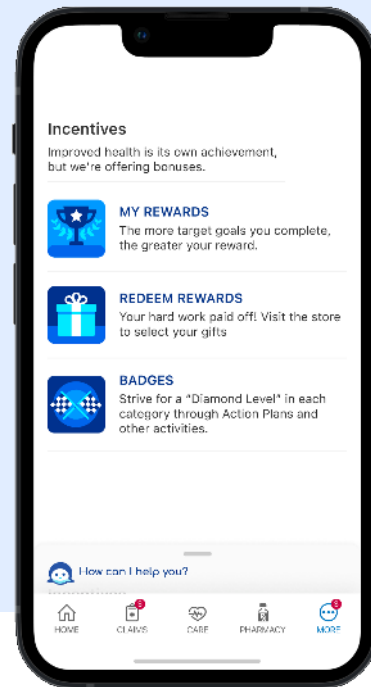


## Earn and redeem your rewards

To view your rewards, log in to **Sydney Health**, go to the **Menu**, click **Access Care**, scroll down, and click **Incentives**.

You can select **My Rewards** to see a snapshot of your reward status, as well as ways to earn more rewards.

You can select **Redeem Rewards** to see how much you have earned. Use your rewards toward electronic gift cards for popular retailers, such as Amazon, Apple, all Gap brands, Target, The Home Depot, T.J. Maxx, Uber, and Uber Eats. Minimum gift card amounts are set by each individual retailer.



Scan this QR code to view your rewards on the Sydney Health app. You can also log in to **anthem.com**, click **My Health Dashboard**, and select **My Rewards**.

1 Members may earn rewards for completing quarterly Well-being Coach digital milestones while logging daily check-in activities on the app. Daily check-in reward values are first check-in: \$4; next 15 check-ins during first quarter: \$4; 25 check-ins during second through fourth quarters: \$4 each quarter. Log in to Sydney Health or anthem.com to download the Well-being Coach digital app. Well-being Coach is provided by Lark Health.

2 Annual cholesterol test eligibility: men 35 years and older, women 40 years and older with a full cholesterol (lipid) panel.

3 Annual eye exam reward is available if employer provides vision coverage in addition to medical benefits through Anthem.

4 Adult members identified as moderate or high risk are eligible for ConditionCare and may receive a reward for participation in one of five ConditionCare programs and completion for one of five ConditionCare programs: chronic obstructive pulmonary disease (COPD), coronary artery disease (CAD), asthma, diabetes, and congestive heart failure (CHF). Rewards include \$20 for program participation and \$30 for program completion.

5 Building Healthy Families milestone completion dates: BHF Pregnancy Screener must be completed in first trimester; at least one of six mini assessments must be completed by one day prior to delivery; postpartum assessment must be completed by 56 days after delivery. Rewards include \$10 for profile completion; \$10 for a BHF Pregnancy Screener; \$10 for completing at least one of six mini assessments; and \$10 for a postpartum assessment.

6 Well-being Coach Weight Management program (telephonic) is available for members who are identified as high risk based on a body mass index (BMI) of 30 or higher.

7 Well-being Coach Tobacco Cessation program (telephonic) is available for members who are identified as high risk based on any tobacco usage.

8 Annual dental exam reward is available if employer provides dental coverage in addition to medical benefits through Anthem.

We encourage you to actively participate in your rewards program. Rewards earned should be redeemed before the end of the current plan year. Unused rewards are forfeited six months after the end of your plan year. Make sure to redeem them before then.

All preventive care activities are claims based, which means your completion is determined when a claim is processed. Medical waivers apply to claim-based activities.

Rewards eligibility applies only to subscribers and their enrolled spouse/domestic partner. Members must be active on the plan and their activity must take place during the plan year. A subscriber and spouse/domestic partner may earn rewards when eligible activities are completed and, in some instances, are verified by an Anthem claim. Rewards eligibility applies only to subscribers and their enrolled spouse/domestic partner with Anthem medical benefits. Members must be active on the plan and their activity must take place during the plan year. A subscriber and spouse/domestic partner may earn rewards when eligible activities are completed and, in some instances, are verified by an Anthem claim.

The reward amount you receive may be considered income to you and subject to state and federal taxes in the tax year it is paid. You should consult a tax expert with any questions regarding tax obligations.

Electronic gift card availability may vary. The list of retailers available for electronic gift card rewards redemption is subject to change. Log on to anthem.com or open the Sydney Health app to explore the electronic gift card options available to you.

Sydney Health is offered through an arrangement with Carolon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

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