

# Be rewarded for your healthy habits



An Anthem Company

You can earn incentives to stay active and healthy

Keeping yourself healthy is important for your long-term well-being. But that's not the only payoff. Whether you're working toward better health or are already in good shape, you can be rewarded for your efforts. That's right — you can earn money for taking healthy steps, and your covered spouse or partner can, too.

## Earn up to \$700

It's easy — here are two examples of how it works:

### Yearly wellness exam and flu shot — earn a \$50 gift card for each!



Get your yearly wellness exam and flu shot.<sup>1</sup>



Your doctor sends in claims for your exam and flu shot. These claims are processed.



When both claims have been processed,<sup>2</sup> we'll send you two letters with directions on how to collect your gift cards.<sup>3</sup>



Follow the instructions to select your gift cards online.

### Gym reimbursement — get hundreds back in your pocket!



Join a qualifying fitness center.



Track your workouts — a minimum of 50 visits every six months.



Submit the required paperwork by email or mail.



Get your gym membership reimbursed up to \$400 a year!<sup>4</sup>

## Protecting your health can pay you up to \$700



**Gym reimbursement**  
Up to \$400 in cash<sup>4</sup>



**Online Wellness Toolkit**  
Up to \$150 in gift cards<sup>5</sup>



**Tobacco-free certification<sup>6</sup>**  
\$50 gift card<sup>5</sup>



**Yearly wellness exam and flu shot**  
\$100 in gift cards<sup>7</sup>

<sup>1</sup> To earn the yearly wellness exam (\$50) or flu shot (\$50) gift card rewards, members must complete both health steps — but they don't need to happen at the same time or in a particular order. Once both steps have been completed, members will get a letter for each one explaining how to collect their gift card rewards.

<sup>2</sup> It may take up to 75 business days from the day the second of the two steps is completed for the letter to be generated and mailed.

<sup>3</sup> It takes an average of 7 to 10 business days to process and send the gift card(s).

<sup>4</sup> Limitations may apply. Employee can earn up to \$400 per year. Employee's spouse can earn up to \$200 per year. Up to \$600 annual benefit per family.

<sup>5</sup> Self-reported by member.

<sup>6</sup> If not tobacco-free, a reasonable alternative standard can be satisfied by completing the Health Action Plan.

<sup>7</sup> The rewards issued are based on claims history.

Only members who are 18 and older are eligible to earn rewards.

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