# 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 |
|---|---|---|
| **Digital & wellness activities**<br>Rewards are added to your account as you complete activities on the **Sydney℠ Health** app or on anthem.com. | Log in to your Anthem account | Up to $20 ($5 per quarter) |
| | 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[1] | Up to $20 ($4 per milestone) |
| | Update your contact information | $15 |
| | Select a primary care provider (PCP) in Sydney Health | $10 |
| | Participate in Emotional Well-being Resources program | $5 |
| | Log daily nutrition (at least 45 days per quarter) | Up to $12 ($3 per quarter) |
| | Use any Employee Assistance Program (EAP) service if your employer provides Anthem EAP. | $5 |

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| Activity type | Activities | Amount |
|---|---|---|
| **Preventive care**<br>Complete your annual screenings or wellness visits. Rewards are added to your account after your claim is processed (may take up to 60 days). | Have an annual preventive wellness exam or well-woman exam with your doctor | $25 |
| | Get an annual cholesterol test (men ages 35 and older, women ages 40 and older, or upon doctor recommendation) | $20 |
| | Have a colorectal cancer screening (ages 45 and older or upon doctor recommendation) | $25 |
| | Have a routine mammogram (women ages 40 to 74 or upon doctor recommendation) | $25 |
| | Have an annual eye exam[2] | $25 |
| | Get an annual flu shot | $20 |
| | Get an A1C lab test | $10 |

| Activity type | Activities | Amount |
|---|---|---|
| **Condition management**<br>Rewards are added to your account as you meet benchmarks or complete a program. | ConditionCare: Work one on one with your health coach and earn rewards for participating in and completing the program[3] | 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[4] | Up to $40<br>($10 per milestone) |
| | Well-being Coach – Weight Management: Receive one-on-one coaching by phone as you complete your goal to earn a reward[5] | $25 |
| | Well-being Coach – Tobacco Cessation: Receive one-on-one coaching by phone as you complete your goal to earn a reward[6] | $25 |
| | Get a diabetic foot exam | $25 |
| | Get a LDL or lipid diabetic lab test | $10 |
| | Get a microalbumin and eGFR diabetic lab test | $10 |

## 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 phone support, go to the Sydney Health app or anthem.com.

## Earn and redeem your rewards

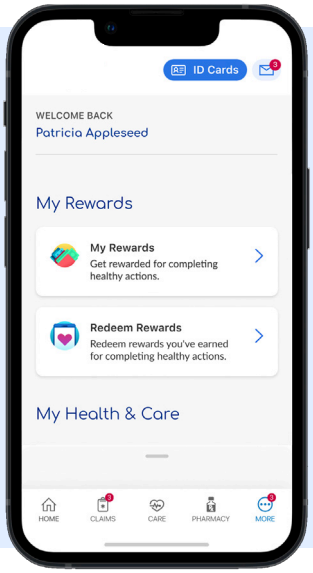
Start by logging in to Sydney Health and scroll down to *My Rewards*. From there you can:

Choose **My Rewards** to:

- Get a quick view of earning activities.
- See a snapshot of your reward status.

Choose Redeem Rewards to:

- Get electronic gift cards for stores like Amazon, Apple, Target, Uber, and others.[7]




Scan this QR code to view your rewards on the Sydney Health app. You can also log in to anthem.com, and scroll down to *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 eye exam reward is available if employer provides vision coverage in addition to medical benefits through Anthem.

3 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.

4 Building Healthy Families milestone completion dates: BHF Pregnancy Screener must be completed by one day prior to delivery; 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.

5 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.

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

7 Retailers include Amazon, Apple, all Gap brands, Target, The Home Depot, T.J. Maxx, Uber, and Uber Eats. Monetary value varies by retailer.

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 (if applicable) with Anthem medical benefits unless employer chooses subscriber-only rewards. Eligible members must be active on the plan and their activity must take place during the plan year. A subscriber and eligible spouse/domestic partner may earn rewards when eligible activities are completed and, in some instances, are verified by an Anthem claim.

Rewards for completed preventive care activities are issued under the medical plan that pays for the claim. Rewards for completed condition management activities are issued under the medical plan that pays for the condition management benefit. Digital and wellness activity rewards can be issued under multiple medical plans, if you have dual Anthem coverage.

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 Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

Carelon Health, Inc. is a separate company providing care management services on behalf of Anthem Blue Cross and Blue Shield.

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