


It Pays to Be Well



Focus on your well-being and earn rewards up to \$200

The more activities you complete, the greater your reward

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 activities listed below sponsored by your employer, you'll earn rewards to put toward electronic gift cards for select retailers. You choose the activities you'd like to complete to receive the maximum of \$200.

Activity type	Activities	Amount
 Preventive care	Annual adult wellness exam or well-woman exam	\$20
	Cholesterol test ¹	\$5
	Colorectal cancer screening	\$25
	Flu shot (self-attest) ²	\$10
	COVID vaccine (self-attest) ²	\$10
	Mammogram	\$25
	Annual eye exam (self-attest) ³	\$20
	Diabetic foot exam ⁴	\$25
	Diabetic labs (hemoglobin A1c, LDL or lipid test, microalbumin and eGFR) ⁴	\$10 each
	New: Skin cancer screening	\$25
	New: Prostate exam	\$25
	New: Lung cancer screening	\$25
	New: Diabetic retinal eye exam	\$10



Activity type	Activities	Amount
 Condition management programs	ConditionCare ⁵	\$50 total
	Building Healthy Families ⁶	\$40 total
	Well-being Coach Telephonic — Weight Management program ⁷	\$30
	Well-being Coach Telephonic — Tobacco Cessation program ⁸	\$30
	Wondr Health completion ⁹	\$30
 Digital & wellness activities	Action plans	\$25 (\$5/action plan)
	Connect a device	\$5
	Read 5 articles or watch 5 videos using SydneySM Health or anthem.com login	\$5
	Well-being Coach Digital check-ins ¹⁰	\$20 ¹¹
	Complete My Health check-in (health assessment)	\$20
	Log in to website or app	\$5
	Track steps	\$50 (\$2 per 50,000 steps)
	Use MoDOT/MHSP Employee Assistance Program (EAP) (self-attest) ¹¹	\$5
	Update contact information	\$10
	Emotional Well-being Resources engagement (self-attest)	\$5
	New: LiveHealth Online medical professional consult	\$30

Well-being Coach can help you meet your goals

The Well-being Coach digital coaching app offers you 24/7 personalized support. Well-being Coach can help you maintain a healthy weight; quit tobacco; and improve your nutrition, exercise habits, mindfulness, and sleep. If you need extra support with weight management or quitting tobacco, talk to a certified health coach.

Earn rewards

Here's how and when you'll earn rewards for completing the activities already mentioned:

Preventive care: Simply visit your doctor for any of the screenings or appointments listed in the chart. Your rewards are added to your account after your claim is processed, which may take up to 60 days.

Condition management: Rewards are added to your account as you meet certain benchmarks or complete a program. Programs include ConditionCare (for asthma, diabetes, and heart or lung conditions), Building Healthy Families, and Well-being Coach for weight management and tobacco cessation.

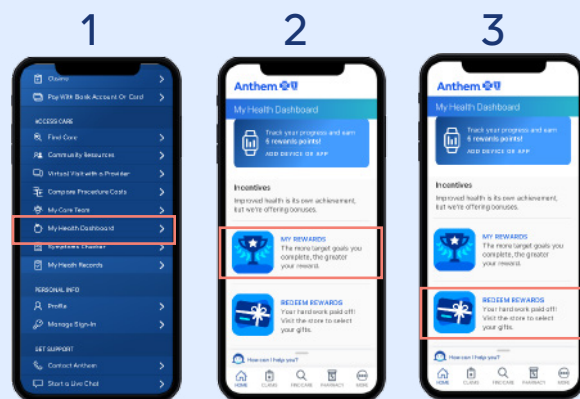
Digital and wellness activities: Log in to the [Sydney Health](#) app or [anthem.com](#) to complete available activities, such as taking a health assessment, participating in the Well-being Coach digital program, and tracking your steps. Rewards are added to your account as activities are completed.

Anthem members have until December 31, 2025, to accrue rewards. Rewards will expire three months after the next plan year begins.



Use your rewards toward digital gift cards for select retailers

- 1 To view your rewards, open the [Sydney Health](#) app or go to [anthem.com](#). Next, go to My Health Dashboard.
- 2 Select My Rewards.
- 3 Select Redeem Rewards to see how much you've earned. Redeem your rewards by March 31, 2025, for electronic gift cards from Mastercard and popular retailers like Amazon, Apple, Gap (all brands), Target, The Home Depot, T.J. Maxx, and Uber. The minimum gift card amount is set by each retailer.



Download the [Sydney Health](#) app by scanning this QR code with your phone's camera.



Do you have questions?

Log in at [anthem.com](#) or open the [Sydney Health](#) app. Then go to My Health Dashboard and select My Rewards to learn more. You can also call Member Services at the number on your health plan ID card.

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

2 Employees must self-report they have received a flu shot or COVID vaccine to receive vaccination rewards.

3 Employees must self-report they have completed their exam to receive an eye exam reward.

4 Adult members must be diagnosed with diabetes to receive a reward for completing a diabetic foot exam and diabetic lab tests.

5 Adult members identified as moderate or high risk are eligible for ConditionCare and may receive a reward for participation in 1 of 5 ConditionCare programs and completion of 1 of 5 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.

6 Building Healthy Families milestone completion dates: BHF Pregnancy Screener must be completed in first trimester; at least 1 of 6 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 1 of 6 mini assessments, \$10 for a postpartum assessment.

7 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.

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

9 Wondr Health participation reports are delivered to Anthem no sooner than 12 weeks from when a participant starts the Wondr Health program. It may take up to two weeks after receiving the report for rewards to show in participants' reward statement.

10 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: 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.

11 Employees who use MoDOT EAP services must self-report using it in the Sydney Health app to receive EAP rewards.

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

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 three 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 or 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.

In Missouri, (excluding 30 counties in the Kansas City area) Anthem Blue Cross and Blue Shield is the trade name of RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.