



Engagement Package 200

Give your employees extra support to reach their personal health goals

We understand that every employee has their own approach to achieving their wellness goals. Engagement Package 200 rewards employees up to \$200 for taking part in a wide variety of condition management, preventive care, and wellness activities that offer employees options to best meet their goals.

Employees can follow their progress and rewards¹ earned through anthem.com or **Sydney HealthSM**. Sydney Health serves as our fully integrated digital platform, fostering the most personalized, optimal experience possible.

Your employees can earn a maximum of \$200 by participating or completing a variety of activities, such as:

 Preventive care	Annual eye exam	Claims ¹	\$25
	Annual adult wellness exam or well woman exam (within the first 90 days of the member's plan year)	Claims ¹	\$25
	Cholesterol test	Claims ¹	\$20
	Colorectal cancer screening	Claims ¹	\$25
	Flu shot	Claims ¹	\$20
	Mammogram	Claims ¹	\$25
 Condition management	ConditionCare	Completion	\$50
	Future Moms	Completion	\$40
	Well-being Coach Telephonic – Tobacco	Completion	\$25
	Well-being Coach Telephonic – Weight	Completion	\$25
 Wellness	Action plans	Tracked	\$25
	Connect a device	Tracked	\$5
	Health Assessment	Tracked	\$20
	Log into website or app	Tracked	\$5
	Track steps	Tracked	\$60
	Update contact information	Tracked	\$10
	Well-being Coach Digital	Tracked	\$20

Employees using health improvement incentives are **4x more likely** to have yearly wellness exams and tests than those without, leading to closing more clinical care gaps and increasing cost-of-care savings.²



Well-being Coach³ provides employees with access to certified health coaches by phone or through one-on-one text coaching accessible through the Sydney Health app. It can help employees make positive changes and reach health goals that have been difficult to achieve on their own. Health goals can include managing stress, sleeping better, quitting tobacco, and maintaining a healthy weight. It's especially valuable for those at risk for higher costs and complicated conditions related to smoking and obesity.

We are committed to helping your employees be their healthy best. With the Engagement Package 200, your employees can receive the support and guidance they need every step of the way. **To learn more, contact your Sales account representative.**

¹ Rewards eligibility applies to only employees and their spouse/domestic partner. Members must be active on the plan and activity must take place during the plan effective year.

² Anthem internal study, 2020.

³ Well-being Coach is powered by the Lark platform and accessible to the member via Sydney Health™.

Product availability may vary. The reward amount redeemed by the employee may be considered income to the employee and/or their spouse/domestic partner and subject to state and federal taxes in the tax year it is paid. The employee and/or their spouse/domestic partner should consult a tax expert with any question regarding their tax obligations.

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