



Engagement Package 200

Give your employees extra support to reach their personal health goals

Everyone has their own approach to achieving health goals.

Engagement Package 200 rewards employees up to \$200 in retail gift cards when they take part in a wide variety of preventive care, condition management, and wellness activities that help them to meet those goals.

Employees can follow their progress and rewards earned through **anthem.com** or the **SydneySM Health** app.¹ Sydney Health is integrated and personalized, making it easier for employees to get — and stay — in their best health.

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

Ways to earn rewards²

Adult wellness annual exam or well-woman exam in first 90 days of the plan year (one per year)	\$25
Flu shot (one per year)	\$20
Screening mammogram (one per year)	\$25
Colorectal cancer screening (one per year)	\$25
Eye exam (one per year)	\$25
Cholesterol exam (one per year)	\$20
Health assessment (one per year)	\$20
Update contact information (one per year)	\$10
Login — web or mobile (one per year)	\$5
Connecting tracking device (one per year)	\$5
Steps tracking (\$2 for every 50,000; \$60 maximum)	\$60
Action plans (\$5 each; five a year maximum)	\$25
ConditionCare ³	\$50
Building Healthy Families ⁴	\$40
Well-being Coach Digital ⁵	\$20
Well-being Coach Telephonic — achieve weight goal (one per year)	\$25
Well-being Coach Telephonic — achieve tobacco cessation (one per year)	\$25

Our health rewards program gives rewards to an employee and their covered partner when they participate in wellness programs that help them create healthy habits.

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

² Rewards are processed after employee receives annual preventive wellness exam and flu shot and provider submits claims to Anthem.

³ ConditionCare rewards: \$20 for program participation and \$30 for program completion.

⁴ Building Healthy Families rewards: \$10 for profile completion, \$10 for pregnancy screening, \$10 for completing at least 1 of 6 mini-assessments, and \$10 for postpartum assessment.

⁵ Daily check-in rewards: first check-in: \$4, next 15 check-ins in first quarter: \$4, 25 check-ins during second through fourth quarters: \$4 each quarter.

Rewards can be applied toward an electronic gift card from popular retailers, such as Mastercard®, Amazon, Gap Options (all brands), Staples®, Target, The Home Depot, and TJ Maxx®. The minimum gift card amount is set by each individual retailer. Rewards earned should be redeemed before the end of the current plan year. Unused rewards are forfeited three months after the end of the employee's plan year.



Well-being Coach Total

This program gives employees access to tools to help them make positive lifestyle changes and meet health goals.*

Well-being Coach Telephonic provides phone coaching with a health educator for those at risk for obesity or tobacco use. Employees have access to a coach through chat using Sydney Health.

Employees can consult with an Anthem pharmacist to discuss medication options to help them lose weight or quit tobacco. The pharmacist can request a prescription from the employee's doctor.

Well-being Coach Digital is a personalized health coaching app that helps employees at all risk levels get support to maintain a healthier weight or quit tobacco, with guidance on nutrition, activity, mindfulness, and sleep.



We want to help your employees get the care they need, when they need it. With the Engagement Package 200, they can receive support and guidance every step of the way.

To learn more, contact your Sales account representative.

* Well-being Coach is powered by the Lark platform and accessible to individuals through Sydney Health.

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

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

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Indiana: Anthem Insurance Companies, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. and Community Care Health Plan of Georgia, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): 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. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In 17 southeastern counties of New York: Anthem HealthChoice Assurance, Inc., and Anthem HealthChoice HMO, Inc. In these same counties Anthem Blue Cross and Blue Shield HP is the trade name of Anthem HP, LLC. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield, and its affiliate HealthKeepers, Inc. trades as Anthem HealthKeepers providing HMO coverage, and their service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out-of-network benefits in POS policies offered by Compcore Health Services Insurance Corporation (Compcore) or Wisconsin Collaborative Insurance Corporation (WCIC). Compcore underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.