



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 an account deposit. You choose the activities you'd like to complete to receive the maximum of \$200 in rewards.

Activity Type	Activities	Amount
 <p>Preventive care measures <i>How you earn:</i> Receive your reward when claims are processed</p>	Complete an annual preventive wellness exam or well woman exam with your doctor	\$25
	Get an annual cholesterol test ¹	\$20
	Complete a colorectal cancer screening (adults 45 years and older)	\$25
	Complete a routine mammogram (women 40 to 74)	\$25
	Have an annual eye exam ²	\$25
	Get an annual flu shot	\$20
 <p>Condition management programs <i>How you earn:</i> Reach certain benchmarks or complete a program</p>	ConditionCare program: Work one-on-one with your health coach for a chronic condition and earn rewards for participating in and completing the program ³	Up to \$50 (\$20/\$30) ³
	Future Moms program: Moms-to-be can receive support from a registered nurse and earn rewards for completing initial, interim, and postpartum assessments ⁴	Up to \$40 (\$20/\$10/\$10) ⁴
	Well-being Coach Telephonic – Weight Management Program: Receive one-on-one support and lifestyle coaching for weight management. Complete your goal to earn a reward. ⁵	\$25
	Well-being Coach Telephonic – Tobacco Cessation Program: Receive one-on-one support and lifestyle coaching for tobacco cessation. Complete your goal to earn a reward. ⁶	\$25
 <p>Digital Wellness activities <i>How you earn:</i> Complete activities in the Sydney Health app or on anthem.com/ca</p>	Log in to your Anthem account	\$5
	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, physical activity, and more	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 mission check-ins ⁷	Up to \$20 (\$4 per milestone)
	Update your contact information	\$10

Do you have questions about the Wellbeing Solutions activities?

Login at anthem.com/ca or open the SydneySM Health app. Then go to *My Health Dashboard* and select *My Rewards* to learn more. You can also call the number on the back of your Member ID card.

Well-being Coach can help you meet your goals

Well-being Coach is here to help you achieve your health goals. Our digital coaching app offers personal, 24/7 support on the go. Well-being Coach combines smart technology and proven behavioral therapy techniques to help you maintain a healthy weight, quit tobacco, and improve your nutrition, exercise habits, mindfulness, and sleep.

You can access Well-being Coach, powered by Lark, in the Sydney Health app or at [anthem.com/ca](https://www.anthem.com/ca). If you need extra support for high-risk weight management and tobacco cessation, you can also connect with a certified health coach by phone. You'll work together to identify healthy habits and develop custom action plans to meet your goals. No matter how you connect, you can earn rewards for making time for your health.



How to redeem your rewards

- 1 When you're ready to redeem your rewards, open the Sydney Health app or go to [anthem.com/ca](https://www.anthem.com/ca).
- 2 Next, go to *My Health Dashboard* and select **Redeem Rewards**.
- 3 Use your rewards toward an account deposit.



Scan this QR code with your smartphone's camera to download the Sydney Health app.

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

2 Annual eye exam reward is available if employer provides vision coverage through Anthem.

3 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 for 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.

4 Future Moms assessments completion dates: Initial assessment must be completed by day 97; Interim assessment must be completed by 1 day prior to delivery; Postpartum Assessment must be completed by 56 days after delivery. Rewards include: \$20 for an initial assessment; \$10 for an interim assessment; 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 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 Members may earn rewards for completing quarterly Well-being Coach digital milestones while logging daily mission check-in activities on the digital coaching app. Daily mission 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/ca](https://www.anthem.com/ca) to download the Well-being Coach Digital app. Well-being Coach Digital is provided by Lark Health.

All preventive care activities are claims-based. Medical waivers apply to all claim-based activities.

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. It may take a little time once you complete a wellness activity before you see the reward amount in your account.

A subscriber and spouse/domestic partner may earn rewards when eligible activities are completed and, in some instances, are verified by an Anthem claim. Anthem claims are required for claims-based activity rewards. Anthem claims are required for claims-based activity rewards and may take up to 60 days to adjudicate.

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

Sydney Health is offered through an arrangement with CareMarket, Inc., a separate company offering mobile application services on behalf of Anthem Blue Cross Q2021-2022.

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