


CEBCO Rewards 200





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

The more activities you complete, the greater your reward

The CEBCO Rewards 200 program connects you with easy-to-use digital health and wellness tools that can help you stay your best. When you and your covered spouse complete any of the activities listed below sponsored by your employer between August 15, 2023, and August 14, 2024, 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	Have an annual preventive wellness exam or well-woman exam with your doctor	\$25
	Get an annual cholesterol test ¹	\$10
	Have a colorectal cancer screening (ages 45 and older)	\$25
	Have a routine mammogram (women ages 40 to 74)	\$25
	Get an annual flu shot	\$10
	Get a COVID-19 vaccine and boosters	\$5
	Have a prostate cancer screening	\$5
	Get an HPV, pneumococcal, or shingles shot	Up to \$15 (\$5 each)
	Receive an annual A1c lab test	\$10
	Have a skin cancer screening	\$5


Activity type	Activities	Amount
 Condition management programs	SWORD Virtual Physical Therapy: Complete this program for back, joint, and muscle pain relief from the comfort of home	\$30
	ConditionCare: Work one-on-one with your health coach and earn rewards for completing the program ²	\$30
	Building Healthy Families: Complete a postpartum assessment. Support is available through the SydneySM Health app wherever you are in your family-planning process, such as trying to conceive or raising your toddler ³	\$30
	Taking regular medications for asthma, chronic obstructive pulmonary disease, coronary artery disease, diabetes, or hypertension	Up to \$100 (\$20 each)
 Digital and wellness activities	Log in to your Anthem account	\$5
	Connect a fitness or lifestyle device	\$5
	Complete a health assessment and receive tailored health recommendations	\$25
	Complete action plans around eating healthy, weight management, and physical activity	Up to \$25 (\$5 per action plan)
	Track your steps	Up to \$50 (\$2 per 50,000 steps tracked)
	Complete Well-being Coach digital daily check-ins ⁴	Up to \$20 (\$4 per milestone)
	Update your contact information	\$5
	Log daily nutrition: Track 800 calories a day for at least 30 days	\$60
	Track your sleep	Up to \$30 (\$10 for 15 days per month)
	Download your health plan ID card	\$5
Read five educational articles and watch five videos	\$5	


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

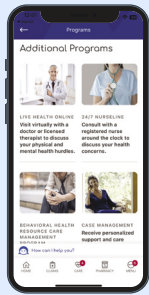
Here's how and when you'll earn rewards for completing the activities already mentioned.

 **Preventive care:** 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.

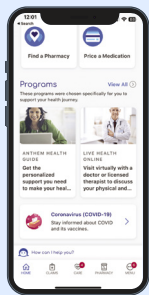
 **Condition management:** Rewards are added to your account as you meet certain benchmarks or complete a program. Programs include ConditionCare (for asthma, diabetes, and heart or lung conditions) and Building Healthy Families.

 **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.

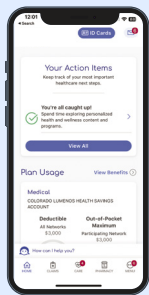
Use your rewards toward electronic gift cards for select retailers.



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. Use your rewards toward electronic gift cards from popular retailers, including Amazon, Gap Options (all brands), Apple®, Target, The Home Depot, T.J. Maxx, and Uber. The minimum gift card amount is set by each individual retailer. You can redeem your rewards by October 31, 2024.



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 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, coronary artery disease, asthma, diabetes, and congestive heart failure. Rewards include \$20 for program participation and \$30 for program completion.

3 Building Healthy Families (BHF) 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.

4 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.

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 or 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.

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