

Need extra help reaching your health goals?

You got it. The Online Wellness Toolkit makes it easy.

Get rewarded for healthy activities!

Earn up to \$150 toward gift cards to popular national retailers when you use the Online Wellness Toolkit at bcbsga.com.



Help where you need it when you need it

Whether you want to lose weight, eat healthier, exercise more or just feel better, the Online Wellness Toolkit offers the tools, resources and support you need to:

- Set personal goals.
- Keep track of your progress.
- Earn points toward rewards.

You'll find a Health Assessment to get a snapshot of your health and where you can make improvements. You can tap into the Digital Health Assistant to help you achieve your goals.

How to earn rewards points

Each adult family member can earn up to \$150 each year. You can earn a \$50 gift card at the 100-, 200- and 300-point milestones. You can quickly hit the first milestone of 300 points by completing the Health Assessment and filling in your biometric data like blood pressure, glucose and cholesterol. You can also earn points for activities like participating in a challenge, viewing videos and more. Just take a look at the chart to see all the simple ways you can earn points.



*List of Hallmark participating national retailers is subject to change.

Earning points is easy with the Online Wellness Toolkit

Get rewards points when you:	Points you can earn for every step you take
Log in to the Online Wellness Toolkit	10 yearly
Complete a Health Assessment	75 yearly
Self-report biometric data	25 yearly
Pick any goal with the Digital Health Assistant	10 five times a year
Complete weekly Digital Health Assistant plan	10 a quarter
Achieve a Digital Health Assistant goal	100 a quarter
View a video or reading	25 yearly
Do monthly activity	15 once a month
Sign up for a challenge	15 twice a year
Take part in a challenge	25 twice a year
Complete a challenge	25 twice a year
Register a device	15 once a year

Once members reach each of the 100-, 200- and 300-point levels, they earn a reward from Anthem Health Rewards. Rewards are redeemed on the Anthem Health Rewards site. Once each milestone is complete, balance sets back to zero.

How you receive your gift cards

The gift cards are processed through Hallmark® and you'll get something in the mail on how to redeem your reward.* This process can take a few weeks after the milestone is reached. Once Hallmark processes the activity, a Premier Choice Award (PCA) letter is mailed to you. This can take 7 to 10 business days. The letter gives you instructions on how to redeem online or by mail.

Think of the toolkit as a one-stop shop for your health

- Turn to the Health Assistant to meet your health goals by creating a personalized plan based on your lifestyle, interests and schedule.
- Use our trackers to stay on top of your blood pressure, diet, exercise, tobacco use, even your mood.
- Have fun learning how to stay healthy with our interactive quizzes, health information, videos and more.

Ready to start earning rewards?

Learn more and take the Health Assessment:

- Visit the website listed on your Member ID card.
- Sign up or log in by choosing the person icon in the upper right-hand corner of the home page.
- Go to the *Health & Wellness* page.
- Choose the **Wellness Toolkit**.

