

# Earn rewards for a healthy lifestyle



Your healthy choices deserve recognition. That's why you can find support on the **Sydney<sup>SM</sup> Health** app, an all-in-one hub to access your benefit information and wellness rewards. With the incentive program, **you can earn up to \$250** for participating in activities such as tracking your steps and completing a wellness exam.

## Getting started

Through the Sydney Health app:

- Log in to [Sydney Health](#)
- Select the **Menu**
- Choose **Access Care**
- Select **My Health Dashboard**
- Scroll to **My Rewards**

Through the **Anthem** website:

- Log in to [anthem.com](#)
- Select **My Health Dashboard**
- Select **My Rewards**



## Earn and redeem your rewards

Scan the code with your phone's camera to download the Sydney Health app and start earning your rewards.



## How to earn rewards :

Preventive — Receive rewards when claims are processed (or via self-attest for non-Anthem enrolled members)		
Activity	Description	Value
Wellness exam	Get an annual preventive wellness exam or well woman exam.	\$100
Dental exam	Get a dental exam at least once per year	\$25
Vaccines	Receive one of the following vaccines: chickenpox, diphtheria, HPV, MMR, pneumococcal, shingles, tetanus. or Monkey Pox	\$10
Eye Exam	Complete an annual eye exam (ages 18 and up).	\$25
Flu shot	Receive an annual flu shot.	\$10
Colorectal cancer screening	Complete a colorectal cancer screening (ages 45–75).	\$50
Mammogram	Have a routine mammogram (women ages 40–75).	\$50
Cervical cancer screening	Complete a cervical cancer screening (women ages 21-65).	\$50
Prostate exam	Complete a prostate exam (men ages 55-69)	\$50

Wellness — Complete activities in the Sydney Health app or at anthem.com		
Activity	Description	Value
Complete a Team Challenge Goal	Join a Team Challenge and Complete the Goal, up to 2x per year	Up to \$50 (\$25 per Challenge)
Create or Join a Team	User can create or join a Peer to Peer challenge, up to 4x per year	Up to \$20 (\$5 per Challenge)
Connect a device or app	.Connect a device or app to track your health goals.	\$5
Complete an Action Plan*	Complete an action plan.	Up to \$25 (\$5 per action plan)
Finish 5 articles or videos	Complete at least 5 wellness articles or videos.	\$10
Log daily activity	Keep track of your steps or other fitness activities such as riding a bicycle, swimming, and mowing the lawn.	Up to \$50 (\$1 per 10K steps)
Log daily sleep	Log your sleep for 15 days a month.	Up to \$50 (\$5 for every 15 days logged)
Log daily nutrition	Keep track of what you're eating.	Up to \$50 (\$5 for every 15 days logged)
Digital Well-being Coach*	Partner with health experts to help you meet health and wellness goals. Mission 1: Complete the first online check-in anytime. Mission 2: Complete 15 check-ins within the first quarter of your plan year. Mission 3: Complete 25 check-ins within the second quarter of your plan year. Mission 4: Complete 25 check-ins within the third quarter of your plan year. Mission 5: Complete 25 check-ins in the last quarter of your plan year.	Up to \$50 (\$10 per mission)

How to earn rewards (Continued)

Condition management — Reach certain benchmarks or complete a program		
Activity	Description	Value
Diabetic A1c lab test	Complete a diabetes A1c lab test.	\$25
Diabetic Foot Exam	Complete a diabetic foot exam	\$25
Well-being Coach Telephonic: Weight Management Program*	Manage your weight with support from a live coach who can help you set up a plan that meets your needs and get rewarded for completing the program.	\$50
Well-being Coach Telephonic: Tobacco Cessation Program*	It can be hard to quit smoking. But now you can get support from a live coach who can help you set up a plan that meets your needs and you'll receive a reward when you complete the program.	\$50
Cholesterol Test	Complete a cholesterol exam (men over 35 and women over 40)	\$10
Complete a Health Assessment	Complete your Health Profile by answering questions about your overall health, medical history, diet, and exercise	\$25

\*incentive unavailable if you are not enrolled in an Anthem medial plan.



Earn your wellness rewards

The Wellness Incentive Period runs **January 1 – December 31st** each year. By taking part in eligible activities during this time, you can earn valuable wellness rewards!

Participants have a **90-day grace period** after **December 31st** to collect your rewards—so don't miss out!

Please remember: Rewards **do not roll over or carry forward**. Any unclaimed rewards after the 90-day grace period will expire and be forfeited.

Stay active, stay engaged, and make the most of your wellness journey!



All rewards are distributed electronically via the Sydney app or the Anthem.com website. Receive up to \$300 toward any of the following gift cards: Amazon, Apple, GAP, Home Depot, MasterCard, TJMaxx, Target, and Uber.

All preventive care activities are claims based. Medical waivers apply to all claim-based activities. Only you and your spouse or domestic partner are eligible for rewards. You 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. You may earn rewards when eligible activities are completed and, in some instances, are verified by an Anthem claim. Anthem claims are required for claim-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 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. The list of retailers available for electronic gift card rewards redemption is subject to change. Open the Sydney Health app or log in to anthem.com to explore the electronic gift card options available to you.

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 Community Insurance Company. Independent licensee of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.