



Plan extras that support your health

Learn more by registering on the **Sydney Health** app or at **empireblue.com**.

Sydney Health mobile app if we see something that can help you.

Workplace perks

Earn up to \$200 in Health Rewards

Get rewarded by participating in our preventative care activities. For complete details, visit the Health & Wellness Center on our website.

Tobacco-free Certification - \$50¹

For not using tobacco products during the previous six months.

Flu Shot + Wellness Visit - \$100²

For receiving both a preventive wellness exam and flu shot based on claims.

Health Assessment - \$50

Take an online health assessment and answer questions about lifestyle, current health and health history.

* Empire Health Rewards eligibility applies to only employees and their spouse/domestic partner. Member must be active on the plan and activity must take place during the plan effective year. 1. To earn the tobacco-free certification reward, an employee must log in to anthem.com and certify they are tobacco-free. 2. Rewards will show in account when the provider submits claims to Anthem after the employee receives their annual preventive wellness exam and flu shot.