



GOOD HEALTH IS WORTH IT

YOUR GUIDE TO EARNING REWARDS WITH WELLBEING SOLUTIONS

Your whole health matters. That's why you have Wellbeing Solutions, a suite of programs to help you with your everyday health and cover all areas of your well-being. It comes with extra guidance and support in managing your health, plus access to Empire Health Rewards to earn monetary rewards. Read on to learn more about what's available to you through your employer plan.

WELL-BEING COACH

Staying healthy can feel like a full-time job — especially when you have an ongoing health condition or a busy schedule. Your benefits include a dynamic program called Well-being Coach at no extra cost to you. A well-being coach can work with you to identify habits you want to change, then develop custom action plans with you to help you make those changes.

HOW TO MAKE GOOD HEALTH PAY OFF EARN UP TO \$200 IN REWARDS



It's true that good health is its own reward. But getting something extra feels good too. That's how Empire Health Rewards¹ works. It rewards you, and your covered spouse or partner, for taking part in employer-sponsored health and wellness programs.

Your employer has chosen to help encourage preventive care by providing a program that rewards you for completing key activities. That's a win towards better health. The best part? You can earn up to \$200 in rewards! You can see the status of your progress on empireblue.com or download the free Sydney Health mobile app.

As you complete activities, your participation will be tracked for you and automatically rewarded through either a reloadable debit rewards card or an account deposit.² Check with your employer or log on to your Empire Health Rewards account via empireblue.com or the app for your reward type.

EXPLORE YOUR PLAN'S POWERFUL BENEFITS

TOBACCO-FREE CERTIFICATION REWARD - \$50

You've made the right choice to stay tobacco free during the previous six months. Now you can certify you are tobacco-free and earn \$50 in rewards.

Ready to begin?

To confirm you're tobacco-free, visit the My Health Dashboard on empireblue.com or the Sydney Health app via your mobile device. Look for the tobacco-free certification and follow the prompts to complete the online certification.

If you're unable to earn the reward for being tobacco-free, you can still earn it by completing a Health Action Plan which is available for download within the online certification process.³

CLAIMS-BASED ANNUAL WELLNESS EXAM + FLU SHOT REWARD - \$100

As important as regular checkups and screenings are, it can be hard to fit them into your schedule. For extra motivation to stay healthy, you can earn \$100 in rewards for receiving a preventive wellness exam and a flu shot.

Ready to begin?

Get your wellness exam at your doctor's office (primary care doctor). You can also get your flu shot at your doctor's office, or at a pharmacy or retail clinic. You don't have to complete the wellness exam or flu shot in any particular order or together. Just be sure claims are submitted for both activities by your doctor or other provider to Empire.⁴

HEALTH ASSESSMENT - \$50

It's a lot easier to get and stay healthy when you know where you stand. The Health Assessment gives you a snapshot of your health so you know what's going well and if there are any at-risk areas to focus on. Plus, when you complete the Health Assessment, you'll earn \$50 in rewards.

Ready to begin?

Register at empireblue.com or the Sydney Health mobile app and log in. Visit the My Health Dashboard, then the Programs area and look for the Health Assessment. Answer the questions to receive a personal report and open up tools to help you set and reach your health goals. All your information will be kept confidential.

GOOD HEALTH IS WORTH IT

Empire Health Rewards gives you extra motivation to reach your health goals! Because when you're healthy, every part of your life is more rewarding.

To get started, register at empireblue.com or download the free Sydney Health mobile app for iOS & Android.



Keep up the good work and let us know if you have questions!

We hope this gives you some extra motivation to help you stay healthy. If you have any questions, don't have internet access or need help getting your rewards, call the Member Services number on your ID card.

² 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.

² Reloadable debit rewards card: Once you complete your first health reward activity, you'll receive a reloadable Health Rewards card within 12-20 business days. As you complete additional Health Rewards activities, new rewards are automatically deposited and available to spend using your Health Rewards card. This card can be used everywhere major credit cards are accepted, but cannot be used at any ATM or to obtain cash. Account deposit: Depending upon the reward vendor's process, it can take up to four weeks for rewards disbursements to be delivered after a member's activity is processed at the reward vendor.

³ All Health Action Plans must be filled out and sent in no later than 30 days after the end of the plan period for which you're seeking a reward.

⁴ It may take up to 75 business days from the day the second of the two preventive care activities is completed for both rewards to be disbursed to your rewards account.

The amount of rewards loaded to the Health Rewards card may be considered income to you and subject to state and federal taxes in the tax year it is paid. We recommend that you consult a tax expert with any questions regarding your tax obligations.

Health and wellness programs are not covered services under your group's medical insurance policy, but are separate components of your group health plan which are not guaranteed under your insurance Certificate and could be discontinued at any time. If it is unreasonably difficult due to a medical condition for you to achieve the standards (if any) for a reward under these programs, or if it is medically inadvisable for you to attempt to achieve the standards for the reward, we will work with you to develop another way to qualify for the reward.

Services provided by Empire HealthChoice HMO, Inc., and/or Empire HealthChoice Assurance, Inc. licensees of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield plans.

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