




Wellbeing Solutions

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

The more activities you complete, the greater your reward.

The Wellbeing Solutions program connects you with easy-to-use digital health and wellness tools that can help you stay your best. When you complete any of the activities listed below sponsored by your employer, 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
 Digital & wellness activities Rewards are added to your account as you complete activities on the Sydney Health app or on anthem.com	Log in to your Anthem account	\$5
	Connect a fitness or lifestyle device	\$5
	Complete a health assessment and receive tailored health recommendations	\$20
	Complete action plans around eating healthy, weight management, and physical activity	Up to \$25 (\$5 per action plan)
	Track your steps	Up to \$60 (2 per 50,000 steps tracked)
 Preventive Care Complete your annual screenings or wellness visits. Rewards are added to your account after your claim is processed (may take up to 60 days).	Complete Well-being Coach digital daily check-ins	Up to \$20 (\$4 per milestone)
	Update your contact information	\$10
	Have an annual preventive wellness exam or well-woman exam with your doctor	\$25
	Get an annual cholesterol test	\$20
	Have a colorectal cancer screening (ages 45 and older)	\$25
 Condition Management Rewards are added to your account as you meet benchmarks or complete a program.	Have a routine mammogram (woman ages 40 to 75)	\$25
	Have an annual eye exam	\$25
	Get an annual dental exam	\$25
	Get an annual flu shot	\$25
	ConditionCare: Work one on one with your health coach and earn rewards for participating in and completing the program	Up to \$50 (\$20/\$30)
	Building Healthy Families: Help your family grow and thrive through the Sydney Health app and earn rewards for completing certain activities	Up to \$40 (\$10/\$10/\$10/\$10)
	Well-being Coach – Weight Management: Receive one-on-one coaching by phone as you complete your goal to earn a reward	\$25
	Well-being Coach – Tobacco Cessation: Receive one-on-one coaching by phone as you complete your goal to earn a reward	\$25

Achieve your health goals with Well-being Coach!

The Well-being Coach digital coaching app can help you maintain a healthy weight or quit tobacco, while improving your nutrition, exercise, mindfulness, and sleep. To access your Well-being Coach for personalized digital and telephonic support, go to the SydneySM Health app or [anthem.com](https://www.anthem.com).

Earn and redeem your rewards

To view your rewards, log in to **Sydney Health**, go to the **Menu**, click **Access Care**, scroll down, and click **Incentives**.

You can select **My Rewards** to see a snapshot of your reward status, as well as ways to earn more rewards.

You can select **Redeem Rewards** to see how much you have earned. Use your rewards toward electronic gift cards for popular retailers, such as Amazon, Apple, all Gap brands, Target, The Home Depot, T.J. Maxx, Uber, and Uber Eats. Minimum gift card amounts are set by each individual retailer.

