

Engagement Package 200

Give your employees extra support to reach their personal health goals

Everyone has their own approach to achieving health goals.

Engagement Package 200 rewards employees up to \$200 in retail gift cards when they take part in a wide variety of preventive care, condition management, and wellness activities that help them to meet those goals.

Employees can follow their progress and rewards earned through **anthem.com** or the **SydneySM Health** app.¹ Sydney Health is integrated and personalized, making it easier for employees to get — and stay — in their best health.

Your employees can earn a maximum of \$200 by participating in or completing certain activities, such as:

Ways to earn rewards²

Adult wellness annual exam or well-woman exam in first 90 days of the plan year (one per year)	\$25
Flu shot (one per year)	\$20
Screening mammogram (one per year)	\$25
Colorectal cancer screening (one per year)	\$25
Eye exam (one per year)	\$25
Cholesterol exam (one per year)	\$20
Health assessment (one per year)	\$20
Update contact information (one per year)	\$10
Login — web or mobile (one per year)	\$5
Connecting tracking device (one per year)	\$5
Steps tracking (\$2 for every 50,000; \$60 maximum)	\$60
Action plans (\$5 each; five a year maximum)	\$25
ConditionCare ³	\$50
Building Healthy Families ⁴	\$40
Well-being Coach Digital ⁵	\$20
Well-being Coach Telephonic — achieve weight goal (one per year)	\$25
Well-being Coach Telephonic — achieve tobacco cessation (one per year)	\$25

¹ Rewards eligibility only applies to employees and their spouse or domestic partner. Individuals must be active on the plan, and activity must take place during the plan effective year.

² Rewards are processed after employee receives annual preventive wellness exam and flu shot and provider submits claims to Anthem.

³ ConditionCare rewards: \$20 for program participation and \$30 for program completion.

⁴ Building Healthy Families rewards: \$10 for profile completion, \$10 for pregnancy screening, \$10 for completing at least 1 of 6 mini-assessments, and \$10 for postpartum assessment.

⁵ Daily check-in rewards: first check-in \$4, next 15 check-ins in first quarter: \$4, 25 check-ins during second through fourth quarters: \$4 each quarter.

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Our health rewards program gives rewards to an employee and their covered partner when they participate in wellness programs that help them create healthy habits.