

Wellbeing Solutions



2024-2025
Wellness Rewards Program

2024-2025 CEBCO Rewards 200

Focus on your wellbeing and earn up to \$200



Anthem covered employees and their covered spouses can each earn up to \$200.

Complete any of the activities sponsored by your employer and you'll earn rewards to put toward electronic gift cards for select retailers.

Program reset on August 15, 2024.

Redeem your rewards on the Sydney Health mobile app or [anthem.com](https://www.anthem.com), under "MyHealth Dashboard" and then select "My Rewards".

Preventive Care

Wellness Exam/Well Woman (\$50)

Diabetic A1C Lab Test (\$25)

Cholesterol Test (\$25)

Prostate Exam (\$25)

Colorectal Cancer Screening (\$25)

Mammogram (\$25)

Condition Management

Condition Care (\$25)

Digital & Wellness Activities

Log in to Sydney (\$25)

Log Active Minutes (Max \$50)

My Health Check-In (\$25)

Team Challenge 1 (\$25)

Team Challenge 2 (\$25)

Team Challenge 3 (\$25)

Team Challenge 4 (\$25)

What's new for 2025?

Rewards Criteria Update:

- The CEBCO rewards program will **not** reward A1C or Cholesterol screenings when done through biometric screening vendors.
- If members are getting these services done through their PCP and the below criteria is met, they will receive the incentive:
 - Cholesterol: Men over 35 and women over 40 are eligible to earn a reward.
 - A1C: Members who have been diagnosed with diabetes and receive two annual A1C lab tests are eligible to earn a reward.

Condition Care

A dedicated care management team offers support if you're living with:



Asthma



Diabetes



Heart disease or heart failure



Chronic obstructive pulmonary disease (COPD)

You also have additional support from dietitians, health educators, and pharmacists.

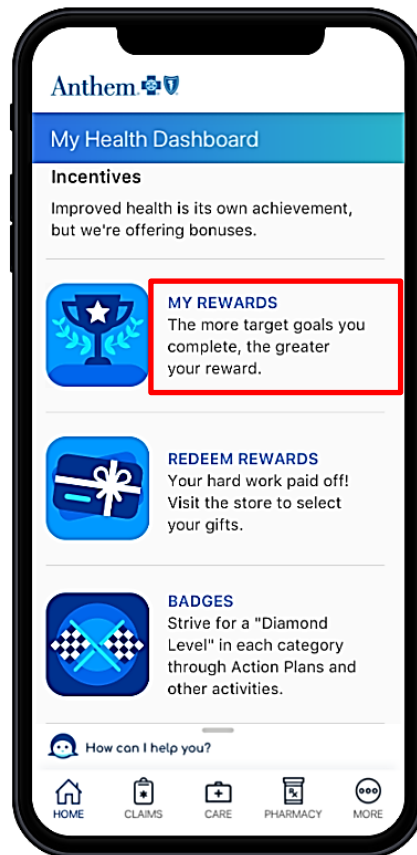
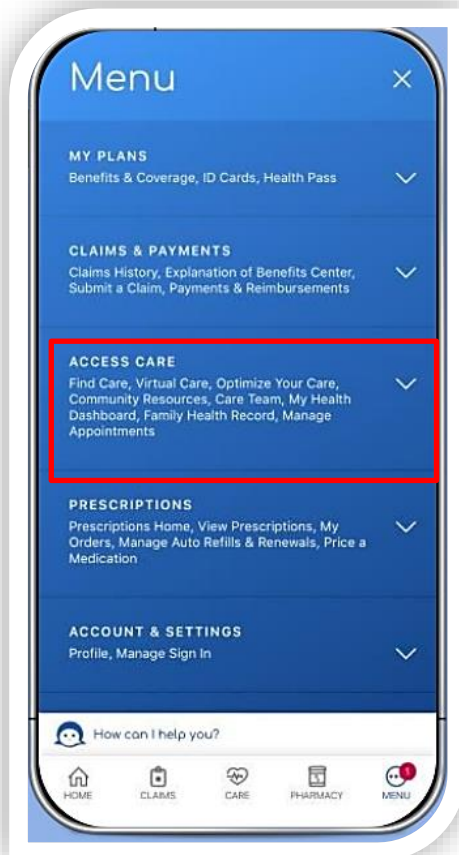


How to Access your Rewards?

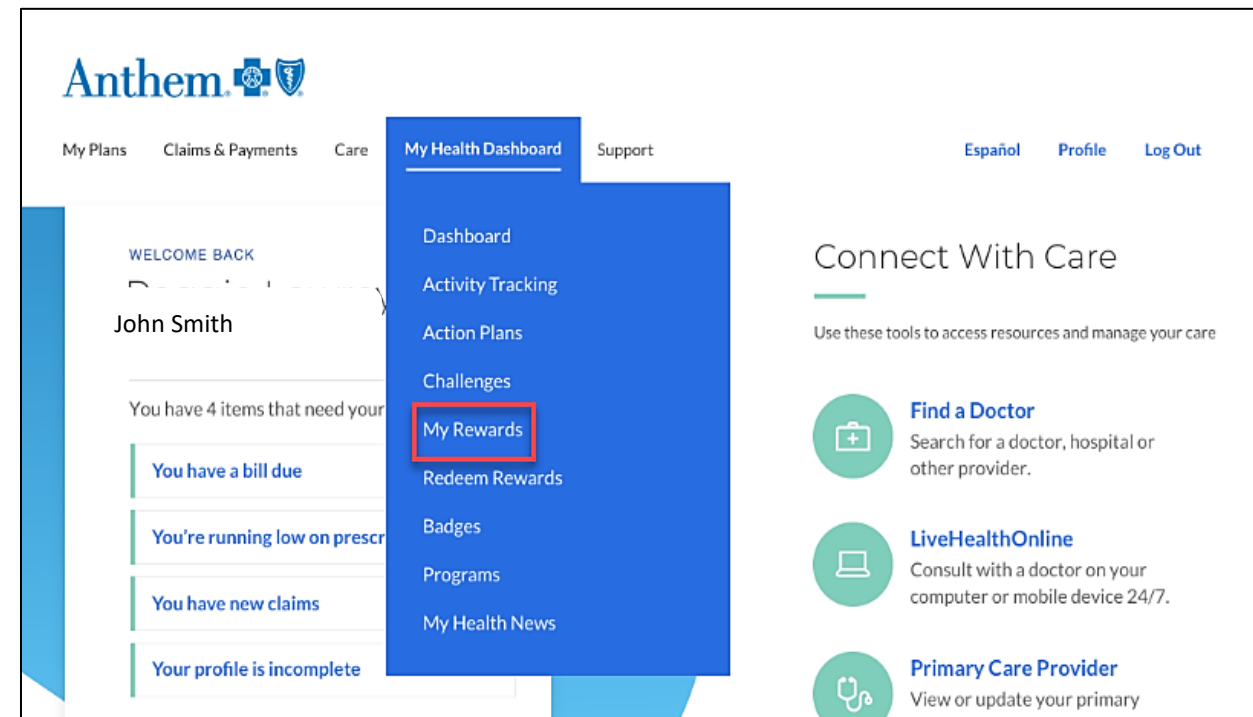
The complete list of all your rewardable activities can be found on “**My Health Dashboard**”

- **On the Sydney app:** Menu page → Access Care → My Health Dashboard → My Rewards
- **On Anthem.com:** My Health Dashboard → My Rewards from the drop-down menu.

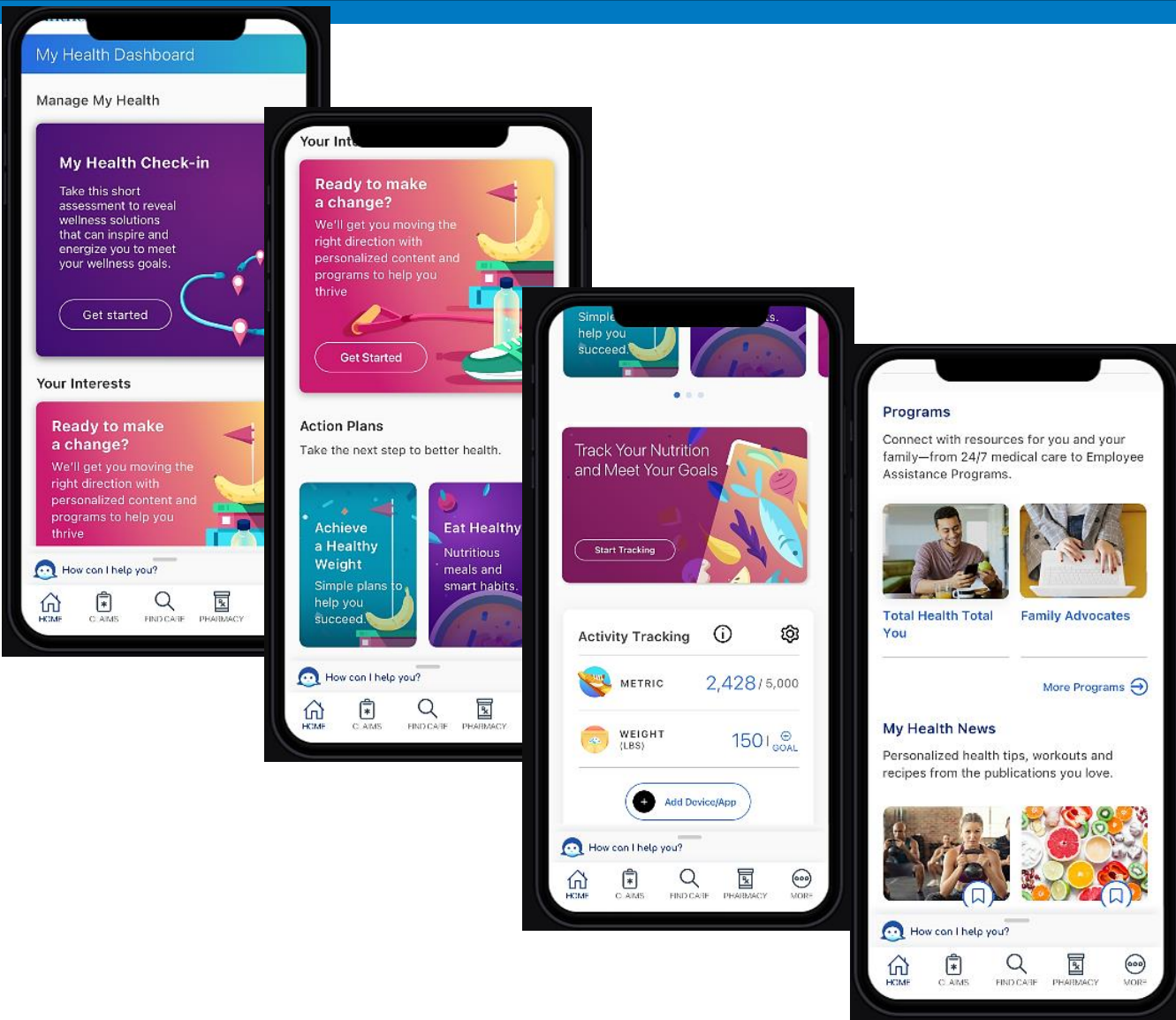
Sydney Health app



Anthem.com



My Health Dashboard – Digital Activities

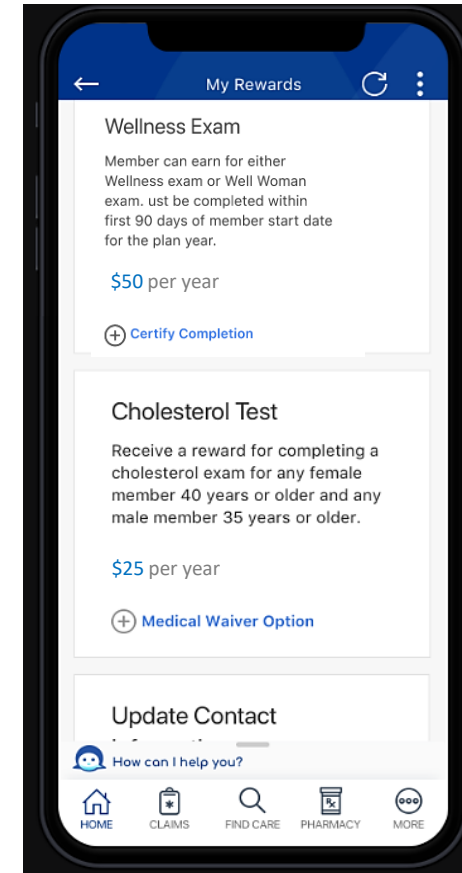
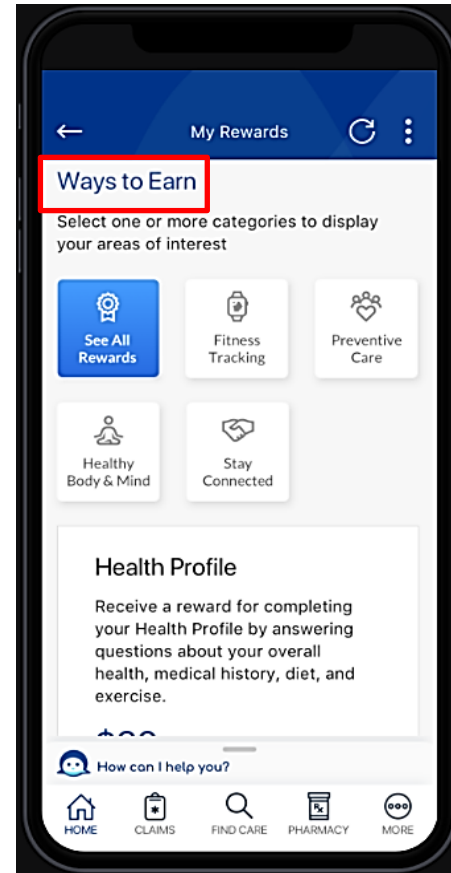
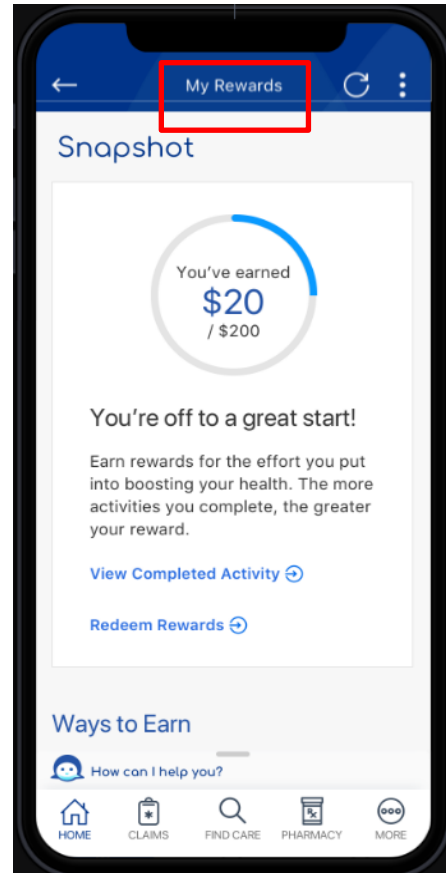
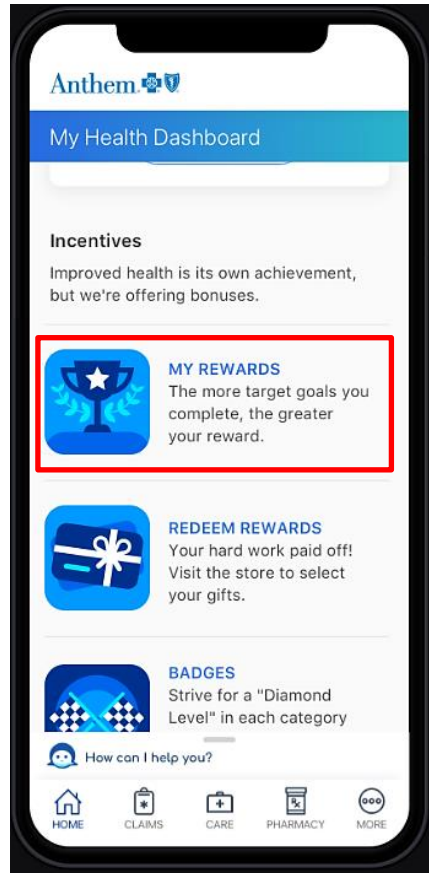


- **My Health Check-In***: Health Risk Assessment *with Actionable Recommendations (<4 min to complete!)*
- **Your Interests**– Area where members can elect their topics of focus and interests This is one of the data points that is taken into consideration to further curate & personalize member’s experience.
- **Action Plans** (*Reduce Stress, Sleep Better, Get Active, Eat Healthy, Achieve a Healthy Weights, Increase Energy*)
- Syncing Fitness Devices to **Log Active Minutes***
- **Incentives Section**: Access your Rewards Program
- **Programs Section** – Access to all programs under Anthem
- **My Health News** – Educational Library of articles and videos

**Activities in Blue font are rewardable*

Accessing “My Rewards”

My Health Dashboard → My Rewards: Here you'll see a quick snapshot of your rewards balance. In addition, you can filter your rewards, or you can simply scroll through and see all of the rewards that are available to you.



Redeeming Your Rewards

You have real-time dashboard tracking for outstanding and earned rewards.

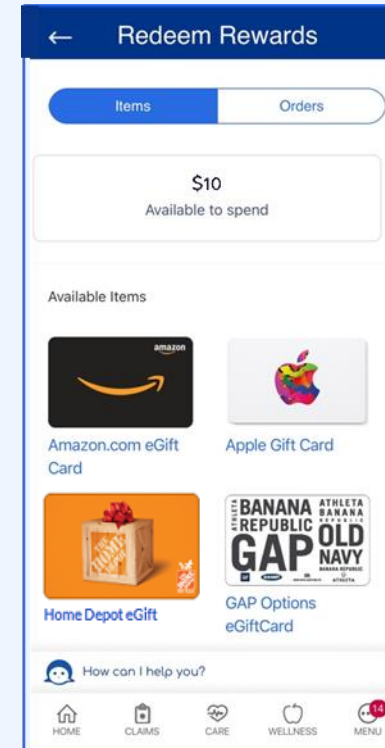
Rewards can be redeemed through Digital Gift Cards on **My Health Dashboard** → **Redeem Rewards**

You can choose from **8 different vendors**

You can elect to redeem their entire balance with one digital card, or you can divide your balance on multiple cards.

8 Retailers to choose from:

Amazon	\$5 - \$500
Apple	\$5 - \$500
Gap (all brands)	\$10 - \$250
Mastercard®	\$5 - \$1,000
Target	\$5 - \$500
TJ Maxx	\$10 - \$500
The Home Depot	\$5 - \$500
Uber & UberEats	\$15 - \$500



*Additional client support needed.

Note: The member will have an option to do a physical Mastercard® but will incur a \$3 fee.

Tax implications will apply and be the responsibility of the client. Cards may also be restricted to Merchant Category Codes that align with a targeted wellness strategy. Gift cards subject to change.

Sydney Health mobile app

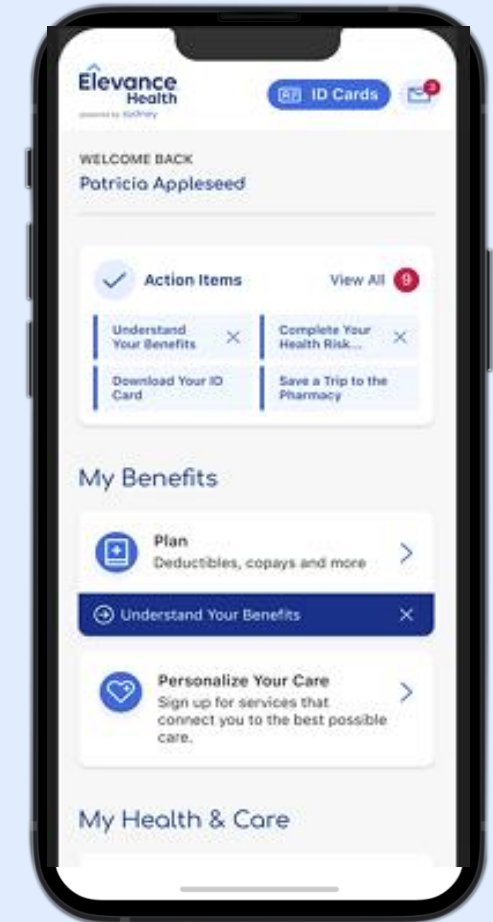
Makes healthcare easier



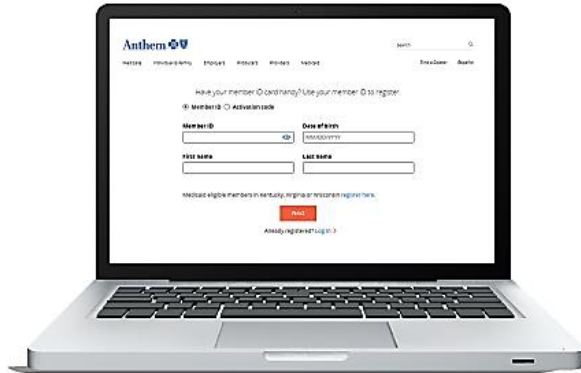
Sydney Health helps you keep track of your health and benefits all in one place. You can use the app to:

- Find care and compare costs.
- Learn what's covered and check claims.
- View and use your digital ID cards.
- Check your plan usage.
- Fill prescriptions.
- Chat with Member Services if you have questions or need information.
- Access Virtual Care to talk with a doctor via chat or a video session.
- Use the Symptom Checker to assess your symptoms.
- Use My Health Dashboard to find wellness tips and personalized action plans.
- Earn and redeem rewards.
- Connect with Community Resources to find no-cost and reduced-cost programs.
- Simplify your family's health data with My Health Record to access and share health information in one place.

- Sydney makes Healthcare easy video
- Find Care Video

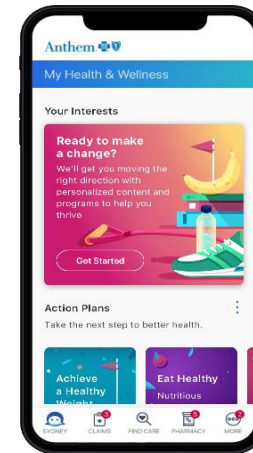


If you haven't done so already...Register Today!



From your computer

1. Got to Anthem.com/register
2. Provide the information requested
3. Create a username and password
4. Set your email preferences
5. Follow the prompts to complete your registration



From your mobile device

1. Download the free Sydney mobile app and Select *Register*
2. Confirm your identity
3. Create a username and password
4. Confirm your email preferences
5. Follow the prompts to complete your registration

Text **SYDHEALTH** to **268436**



for a link to download our app,
or visit Anthem.com/signup

Need help signing up? Call your member services number on the back of your Anthem ID card.