



# PROGRAM ALERT

Bulletin 2024-01

January 4, 2024

## CEBCO Rewards 200

The new Wellness Program went live on January 1, 2024. Attached is the updated flyer. We have received multiple questions and wanted to answer many of them, below:

**Who is eligible for the program?** Each Employee (and Spouse) enrolled on the CEBCO medical plan are eligible to accrue up to \$200 in rewards. These rewards can be accessed through the Sydney app or Anthem website.

**Who pays the rewards and how are rewards accessed?** The rewards (in the form of electronic gift cards) are paid by CEBCO and can be redeemed through the Sydney app or Anthem website.

**What are the program dates?** Rewards can be earned for claims and activities from August 15, 2023 – August 14, 2024.

**When will my 2023 claim activity update in my portal?** It will take approximately two weeks for claim activity to be updated on member portals.

**How long does it take for items such as the Health Risk Assessment to be updated in my portal?** It should update within 72 hours.

**How long does it take for 2024 claim activity to update in the portal?**

The medical claims must be submitted to Anthem for processing. After processing, the reward should be updated within 72 hours.

**Is CEBCO Rewards 200 part of my county incentive program?**

CEBCO Rewards are sponsored and paid through CEBCO. County specific incentive programs are developed and communicated by each county. Counties may determine that CEBCO Rewards 200 may be a required portion of the county incentive plan.

**Are there any updates to the program?** One change to note – the Nutritional Tracking reward has been increased to a maximum of \$64. The reward is \$2 per day (up to 8 days per quarter).

We will communicate updates and/or changes as they occur.




# CEBCO Rewards 200





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

### The more activities you complete, the greater your reward

The CEBCO Rewards 200 program connects you with easy-to-use digital health and wellness tools that can help you stay your best. When you and your covered spouse complete any of the activities listed below sponsored by your employer between August 15, 2023, and August 14, 2024, 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
 <b>Preventive care</b>	Have an annual preventive wellness exam or well-woman exam with your doctor	\$25
	Get an annual cholesterol test <sup>1</sup>	\$10
	Have a colorectal cancer screening (ages 45 and older)	\$25
	Have a routine mammogram (women ages 40 to 74)	\$25
	Get an annual flu shot	\$10
	Get a COVID-19 vaccine and boosters	\$5
	Have a prostate cancer screening	\$5
	Get an HPV, pneumococcal, or shingles shot	Up to \$15 (\$5 each)
	Receive an annual A1c lab test	\$10
	Have a skin cancer screening	\$5

Activity type	Activities	Amount
 <b>Condition management programs</b>	SWORD Virtual Physical Therapy: Complete this program for back, joint, and muscle pain relief from the comfort of home	\$30
	ConditionCare: Work one-on-one with your health coach and earn rewards for completing the program <sup>2</sup>	\$30
	Building Healthy Families: Complete a postpartum assessment. Support is available through the <b>Sydney<sup>SM</sup> Health</b> app wherever you are in your family-planning process, such as trying to conceive or raising your toddler <sup>3</sup>	\$30
	Taking regular medications for asthma, chronic obstructive pulmonary disease, coronary artery disease, diabetes, or hypertension	Up to \$100 (\$20 each)
 <b>Digital and wellness activities</b>	Log in to your Anthem account	\$5
	Connect a fitness or lifestyle device	\$5
	Complete a health assessment and receive tailored health recommendations	\$25
	Complete action plans around eating healthy, weight management, and physical activity	Up to \$25 (\$5 per action plan)
	Track your steps	Up to \$50 (\$2 per 50,000 steps tracked)
	Update your contact information	\$5
	Log daily nutrition: Track 800 calories a day for at least 8 days per quarter	\$64
	Track your sleep	Up to \$30 (\$10 for 15 days per month)
	Download your health plan ID card	\$5
	Read five educational articles and watch five videos	\$5
Participate in a team challenge (\$25/each)	\$50	

## Earn rewards

Here's how and when you'll earn rewards for completing the activities already mentioned.



**Preventive care:** Visit your doctor for any of the screenings or appointments listed in the chart. Your rewards are added to your account after your claim is processed, which may take up to 60 days.

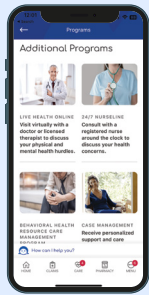


**Condition management:** Rewards are added to your account as you meet certain benchmarks or complete a program. Programs include ConditionCare (for asthma, diabetes, and heart or lung conditions) and Building Healthy Families.

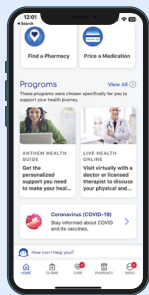


**Digital and wellness activities:** Log in to the **Sydney Health** app or **anthem.com** to complete available activities, such as taking a health assessment, completing any of the action plans, and tracking your steps. Rewards are added to your account as activities are completed.

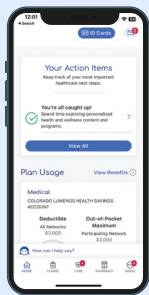
# Use your rewards toward electronic gift cards for select retailers.



1 To view your rewards, open the **Sydney Health** app or go to **anthem.com**. Next, go to *My Health Dashboard*.



2 Select **My Rewards**.



3 Select **Redeem Rewards** to see how much you've earned. Use your rewards toward electronic gift cards from popular retailers, including Amazon, Gap Options (all brands), Apple®, Target, The Home Depot, T.J. Maxx, and Uber. The minimum gift card amount is set by each individual retailer. You can redeem your rewards by August 14, 2024.



Download the **Sydney Health** app by scanning this QR code with your phone's camera.



## Do you have questions?

Log in at **anthem.com** or open the **Sydney Health** app. Then go to *My Health Dashboard* and select **My Rewards** to learn more. You can also call Member Services at the number on your health plan ID card.

1 Annual cholesterol test eligibility: men 35 years and older, women 40 years and older with a full cholesterol (lipid) panel.

2 Adult members identified as moderate or high risk are eligible for ConditionCare and may receive a reward for participation in 1 of 5 ConditionCare programs and completion for 1 of 5 ConditionCare programs: chronic obstructive pulmonary disease, coronary artery disease, asthma, diabetes, and congestive heart failure. Rewards include \$20 for program participation and \$30 for program completion.

3 Building Healthy Families (BHF) milestone completion dates: BHF Pregnancy Screener must be completed in first trimester; at least 1 of 6 mini assessments must be completed by one day prior to delivery; postpartum assessment must be completed by 56 days after delivery. Rewards include \$10 for profile completion, \$10 for a BHF Pregnancy Screener, \$10 for completing at least 1 of 6 mini assessments, \$10 for a postpartum assessment.

4 Members may earn rewards for completing quarterly Well-being Coach digital milestones while logging daily check-in activities on the app. Daily check-in reward values: first check-in: \$4, next 15 check-ins during first quarter: \$4, 25 check-ins during second through fourth quarters: \$4 each quarter. Log in to Sydney Health or anthem.com to download the Well-being Coach digital app. Well-being Coach is provided by Lark Health.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

We encourage you to actively participate in your rewards program. Rewards earned should be redeemed before the end of the current plan year. Unused rewards are forfeited three months after the end of your plan year. Make sure to redeem them before then.

All preventive care activities are claims based, which means your completion is determined when a claim is processed. Medical waivers apply to claim-based activities.

Rewards eligibility applies only to subscribers and their enrolled spouse or domestic partner. Members must be active on the plan, and their activity must take place during the plan year. A subscriber and spouse or domestic partner may earn rewards when eligible activities are completed and, in some instances, are verified by an Anthem claim.

The reward amount you receive may be considered income to you and subject to state and federal taxes in the tax year it is paid. You should consult a tax expert with any questions regarding tax obligations.

Electronic gift card availability may vary. The list of retailers available for electronic gift card rewards redemption is subject to change. Log on to anthem.com or open the Sydney Health app to explore the electronic gift card options available to you.

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