


# 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, 2024, and June 30, 2025, 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.	\$50
	Get an annual cholesterol test (men over 35 and women over 40). <sup>1,2</sup>	\$25
	Have a colorectal cancer screening (ages 45 and older).	\$25
	Have a routine mammogram (women ages 40 to 74).	\$25
	Have a prostate cancer screening (men ages 55 to 69).	\$25





Activity type	Activities	Amount
 <b>Condition management programs</b>	Receive two annual A1c lab tests (members diagnosed with diabetes). <sup>1</sup>	\$25
	ConditionCare: Work one-on-one with your health coach and earn rewards for completing the program. <sup>3</sup>	\$25
 <b>Digital and wellness activities</b>	Log in to the <b>Sydney<sup>SM</sup> Health</b> app.	\$25
	Complete a health assessment and receive tailored health recommendations.	\$25
	Track your steps.	Up to \$50 (\$2 per 50,000 steps tracked)
	Complete team challenges throughout the year (four challenges offered).	Up to \$100 (\$25 per challenge)

### Earn rewards

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

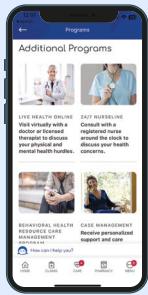
 **Preventive care:** Visit your doctor for any of the screenings or appointments listed in the chart. Your rewards are added to your account after your claim is processed, which may take up to 60 days.

 **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 receiving A1c lab tests if you are diagnosed with diabetes.

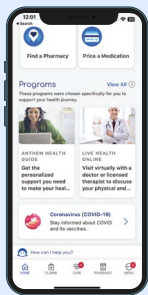
 **Digital and wellness activities:** Log in to the **Sydney Health** app or [anthem.com](https://www.anthem.com) to complete available activities, such as taking a health assessment and tracking your steps. Rewards are added to your account as activities are completed.



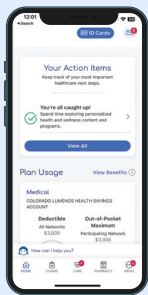
# Use your rewards toward electronic gift cards for select retailers



1 To view your rewards, open the **Sydney Health** app or go to [anthem.com](https://www.anthem.com). Next, go to **My Health Dashboard**.



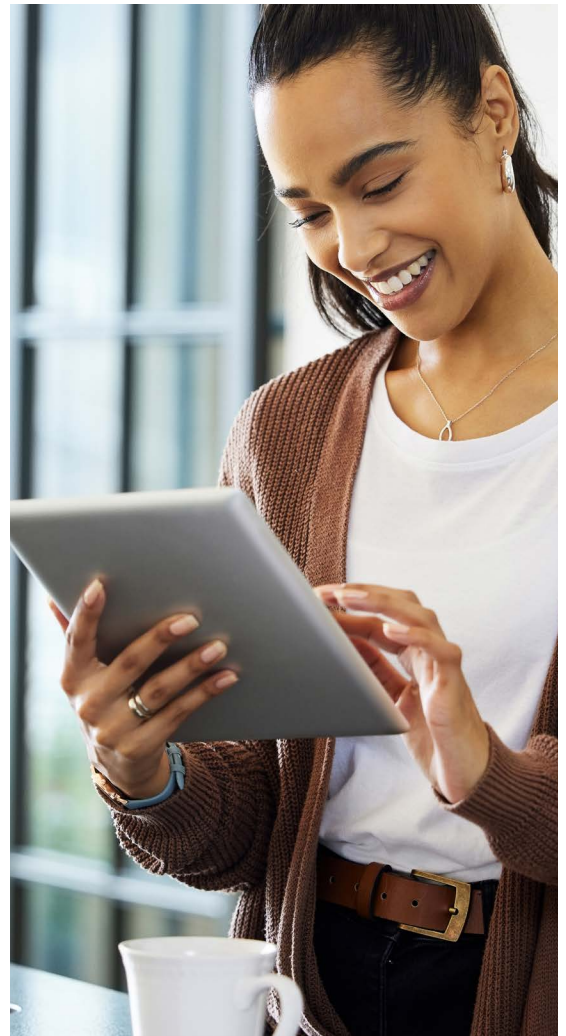
2 Select **My Rewards**.



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 November 30, 2025.



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



## Do you have questions?

Log in to [anthem.com](https://www.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 All preventive care activities and diagnostic A1c lab tests should be processed through Anthem claims in order to trigger the respective reward.

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

3 Adult members identified as moderate or high risk are eligible for ConditionCare and may receive a reward for completion of 1 of 5 ConditionCare programs: chronic obstructive pulmonary disease, coronary artery disease, asthma, diabetes, and congestive heart failure. Reward is \$25 for program completion.

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](https://www.anthem.com) or open the Sydney Health app to explore the electronic gift card options available to you.

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