

Ahealthyme Rewards Program

Reminder!! – Get \$400 annually for things you are probably already doing

Blue Cross Blue Shield has a Wellness Incentive Program called A Healthy Me Rewards. All employees enrolled in the medical plan have the option to participate in this wellness program through Virgin Pulse.

This program features:

- Blue Cross funded incentives
- User-friendly health engagement platform, powered by Virgin Pulse
- Robust communications toolkit
- Multi-device compatible

Eligible subscribers can:

- **Earn up to \$400 annually, or \$100 per quarter, for completing a variety of wellness activities**
- Order a FREE, co-branded Virgin Max Buzz health tracker

With A Healthy Me Rewards, employees can earn points and be rewarded for a variety of activities:

- Health assessment
- Challenges
 - Quarterly team challenges
 - Monthly promoted healthy habit challenges
 - Personal challenges
- Daily healthy habits (eating healthy, sleeping well)
- First-time milestone achievements
- Well visits, preventive cancer screenings, flu immunizations

Points can be redeemed for:

- Gift cards or VISA gift cards
- Merchandise
- Money, deposited into the subscriber's bank account
- Charitable donations

Start your journey here: www.ahealthymerewards.com