

Get rewarded for making healthy choices

With the Achieve Well-Being Program from Independence Blue Cross, you are rewarded when you take steps to improve and maintain good health. Review the list below to see what healthy steps you can take. Complete the two required activities and earn at least 100 points by August 31, 2024, to save 10 percent on your 2025 medical premiums or receive contributions to your health savings account.

	Activity	Credits	Number of times you can complete the activity	Max credits
Required activities	Complete your Well-being Profile by logging in at ibx.com .	5	1	5
	Certify that you are tobacco free or complete the Tobacco Cessation by logging in at ibx.com .	5	1	5
Wellness education	Complete an Achieve Well-being program. Log in at ibx.com , select the <i>Health & Well-being</i> tab, then <i>Achieve Well-being</i> . From there, you can <i>Add new +</i> to begin a program.	5	Unlimited	Unlimited
	Read a <i>Healthy Living</i> article. Log in at ibx.com , select the <i>Health & Well-being</i> tab, then <i>Healthy Living</i> . From there, select <i>Articles</i> .	1	10	10
	Read an article or utilize a service from GuidanceResources.com , including personal finance, emotional well-being, elder care, parenting and more. Register with code NYLGBS.	1	10	10
	Explore an on-demand library for resources on medical conditions and care, family life, financial wellness, and more at mydevereuxbenefits.org/healthylearn .	1	10	10
	Attend an Access Carebridge Resources Webinar or watch an on-demand recording to achieve better work/life balance at carebridgenow.com , or download the Carebridge EAP app and use access code ADC53.	10	2	20
	Attend a TIAA Webinar or watch an on-demand recording to improve your financial wellness and security at tiaa.org/webinars .	10	2	20

	Activity	Credits	Number of times you can complete the activity	Max credits
Care	Receive a flu shot.	10	1	10
	Receive a preventative care screening. Speak to your doctor about appropriate screenings for you or visit ibx.com/preventive for our guidelines.	5	2	10
	Visit your PCP in person or virtually.	5	1	5
	Receive a vision exam.	5	1	5
	Receive a dental exam and cleaning.	5	2	10
Well-being	Attend up to 6 nutrition counseling sessions for free.	5	6	30
	Attend an in-person or virtual individual financial counseling session with TIAA. Visit tiaa.org/devereux to schedule a session.	10	1	10
	Complete an Achieve Well-being challenge with a team. Log in at ibx.com , select the <i>Health & Well-being</i> tab, then <i>Achieve Well-being</i> . From there you can <i>Add new +</i> to begin a challenge.	20	Unlimited	Unlimited
	Complete a qualifying CPR or First Aid Course.	5	1	5
	Complete an eM Life Mindfulness session. Visit mydevereuxbenefits.org/eap and click on the eM Life sign-up flyer to learn how to access sessions through CarebridgeNow.com or the eM Life app.	5	Unlimited	Unlimited
	Exercise at least 3 times a week for 30 minutes.	5	5	25
	Track your miles exercised.	1	25	25
	Walk 5,000+ steps a day.	1	25	25
Drink at least 64 ounces of water per day.	1	25	25	

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Questions?

Call Customer Service at the number on the back of your member ID card.

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Independence Blue Cross offers products through its subsidiaries Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.

