Get rewarded for making healthy choices



Earn credits for your healthy habits

1. Get healthy and save money

Take healthy actions at your own pace, and watch your credits grow. We offer a variety of activities to help you develop healthy habits.

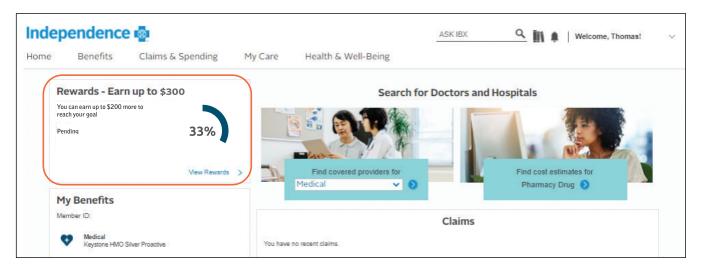
You can save 10 percent on your 2025 medical premiums or receive contributions to your health savings account if you earn at least 100 credits by August 31, 2024.

You must complete the following two activities. Log in at **ibx.com** and:

- Complete the Well-being Profile
- Certify that you are tobacco free or complete the Tobacco Cessation program online

You must complete additional activities to reach 100 points, including:

- · Complete an appropriate health screening*
- Get a flu shot
- Complete an Achieve Well-being web-based program
- Attend up to six nutrition counseling sessions for free
- Visit a network dentist for an exam and/or cleaning †
- * A list of preventive services that are part of Achieve Well-being can be found by logging in at ibx.com and selecting Achieve Well-being from the Health & Well-Being menu at the top.
 † Subscribers must have enrolled in dental coverage through Independence to complete this activity.



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2. Tools for your rewards program

Begin your journey to Achieve Well-being by logging in at **ibx.com**. You can quickly access your Rewards information from your homepage. Once you are on the rewards page, you can review the rewards program description and deadlines for completing the required activities.

3. Start earning today

In the Achieve Well-being section, you can see the activities you need to complete in order to earn credits. Select an activity to read more about how to complete it. If you have previously completed any activities, the information will be automatically updated in the system. Completed activities are highlighted in gray. Log in at **ibx.com** to start earning credits today!

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Home Benefits Claims My	Care Health & Well-Being			
Achieve Well-being				
Action Plan	Rewards	Health Trackers		Well-being Profile
Rewardable Activities Rewards FAQs	Get rewarded when you take steps to improve employees enrolled in a Jefferson medical pla year by completing the physician visit requirer the wellbeing categories. We want highlight th	Valid activity effective dates: Apr 1, 2023 to Jun 30, 2024 Get rewarded when you take steps to improve and maintain your good health. Part-lime and full-time employees enrolled in a Jefferson medical plan can receive a \$15 per pay wellness credit the following plan year by completing the physician visit requirement and additional activities/credits of your choice from any of the wellbeing categories. We want highlight the importance of early detection, preventive cancer screenings as		
	 these activities are worth three credits. Emplo wellness credit. 	yees must have at least a total of five credits to earn the	ir	
	1 Earned 4 Available			

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.



