

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 medical premiums or receive contributions to your health savings account if you earn at least 100 credits.

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.

Independence ASK IBX Welcome, Thomas!

Home Benefits Claims & Spending My Care Health & Well-Being

Rewards - Earn up to \$300
You can earn up to \$200 more to reach your goal
Pending 33%
View Rewards

Search for Doctors and Hospitals
Find covered providers for Medical
Find cost estimates for Pharmacy Drug

My Benefits
Member ID:
Medical Keystone HMO Silver Proactive

Claims
You have no recent claims.

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.



Log in at ibx.com to start earning credits today!

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.

Independence

Home Benefits Claims My Care Health & Well-Being

Achieve Well-being

Action Plan Rewards Health Trackers Well-being Profile

Rewardable Activities

Rewards FAQs

Rewardable Activities
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-time 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. Employees must have at least a total of five credits to earn their wellness credit.

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.

