



GOOD HEALTH IS WORTH IT

Your guide to earning rewards with Wellbeing Solutions

Your whole health matters. That's why you have Wellbeing Solutions, a suite of programs to help you with your everyday health and well-being. You receive extra guidance and support in managing your health, plus you can earn monetary rewards.

Earn up to **\$1,225 in rewards**

Empire Health Rewards¹ offers you and your covered spouse or partner up to \$1,225 in rewards for taking part in employer-sponsored health and wellness programs. You will receive your rewards through a reloadable debit rewards card or an account deposit.² You can see the status of your progress on empireblue.com or download the free Sydney Health mobile app.

Includes

Well-being Coach³

Well-being Coach offers multiple options to help you meet your well-being goals. Our digital coaching app offers personalized 24/7 support on the go, whenever you need it. Well-being Coach combines smart technology and proven behavioral therapy techniques to help you maintain a healthy weight or quit tobacco. You can also receive additional help on well-being topics like nutrition, activity, mindfulness and sleep. Well-being Coach is powered by Lark and accessible from the Sydney Health app.

If you prefer a helping hand or require additional support meeting your health goals, Well-being Coach gives you access to a certified Health Coach by phone. You and your coach will identify habits you want to change and develop custom action plans to achieve your health goals. No matter how you connect, you can earn rewards with Well-being Coach.

Rewards you can earn (up to \$1,225 total)

Earn up to \$300 for either Well-being Coach or ConditionCare⁴

ConditionCare reward

If you have a chronic condition like asthma or diabetes, you can receive one-on-one help from a health care professional through ConditionCare. You'll learn better ways to manage your health and reach your health goals.

Earn up to \$300 for participating in a nurse-centric program focused on helping members with high-risk conditions:

- **\$100** for participating in program
- **\$200** for completing program

To find out more about the program or to sign up, call the Member Services number on your ID card.

OR

Well-being Coach Telephonic reward

Whether it's time to quit smoking or push past a weight-loss plateau, you can receive the lifestyle coaching you need from a live health coach.

Earn up to \$300 for receiving one-on-one support through live coaching for high-risk conditions of tobacco cessation or weight management:

- **\$100** for participating in program
- **\$200** for completing program

Each well-being coach is specially trained to help you meet your health goals. You can find Well-being Coach on empireblue.com or the Sydney Health app. You can also call 1-833-985-8464 to speak directly with a Health Coach.

Gym Membership Reimbursement - up to \$400

Putting a lot of hard work and sweat in at the gym is made even more worthwhile with a gym reimbursement. Members 18 years and older can get reimbursed up to \$400 for meeting the minimum gym visit requirement (35 visits minimum for every six month period, \$200 twice annually) at a qualifying fitness center.⁵

Work out 35 times in each six-month period within your benefit plan year at a qualifying fitness center, track your workout sessions and send in the completed required forms. To find out more and download forms, log in to empireblue.com or the Sydney Health app and visit the My Health Dashboard, then the Programs area.

Future Moms reward - up to \$200

Moms-to-be can receive support and earn rewards. Registered nurses help them make healthy choices and follow the doctor's plan of care for a safe delivery and healthy baby.

- Receive \$100 for completing an initial maternity assessment
- \$50 for completing interim assessment
- \$50 for completing post-birth assessment

To find out more about the program or to sign up, call the Member Services number on your ID card.

Wellness visit reward - \$25

For extra motivation to stay healthy, you can earn \$25 in rewards for receiving a claims-based annual preventive wellness exam.

Flu shot reward - \$25

When it comes to the flu, there's no better way to defend yourself, your family, and your community than by making sure you receive a flu shot. Earn \$25 in rewards for receiving a flu shot at your doctor's office, at a pharmacy or retail clinic.

Visit your primary care doctor's office for your wellness exam. You can also receive a flu shot at your doctor's office, at a pharmacy or retail clinic. Your wellness exam or flu shot do not need to be completed in any particular order or together. Be sure to submit the claims to Empire or ask your doctor or other provider to submit them to Empire for you.⁶



My Health Rewards Activities - up to \$150

Keep up healthy habits by tracking your activity through empireblue.com, Sydney Health or the Well-being Coach app. You can also track rewards activities through a variety of devices, such as Apple Health Kit, Google Health, and more. Go to the Help section of Sydney Health for a full list of supported devices.



Sydney Health Activities

- Login to website or mobile app - 10 points / yearly
- Connect a tracking device - 15 points / yearly
- Complete the WebMD Health Risk Assessment - 75 points / yearly
- Read five articles or watch five videos - 25 points / yearly (5 points earned at a time)
- Article/video topics include: exercise, healthy eating, sleep, family health, mind & body, what's new, trending, and more
- Set an action plan - 10 points / once per quarter
- Action plans include: Eat Healthy, Achieve a Healthy Weight, Get Active, Increase Energy, Reduce Stress and Sleep Better
- Complete an action plan - 100 points / once per quarter
- Track steps
 - Average 2,000 steps a day - 2 points / monthly
 - Average 5,000 steps a day - 5 points / monthly
 - Average 7,500 steps a day - 10 points / monthly

Well-being Coach Activities

- First completed Mission daily check-in - 10 points
- Achieve 15 completed Mission daily check-ins during the first three months - 15 points
- Achieve 25 completed Mission daily check-ins during the second three months - 25 points
- Achieve 25 completed Mission daily check-ins during third three months - 25 points
- Achieve 25 completed Mission daily check-ins during fourth three months - 25 points

You will receive a reward payout when you reach the milestones of 100, 200 and 300 points. One hundred points equals \$50.

Example: First, you receive a reward payout when you reach the 100 point milestone. Then, your points balance resets to zero. To reach the next milestone, you will need to earn 200 points. When you reach this 200 point milestone, you receive a reward payout and your points will reset again to zero. To receive the final reward payout, you will need to earn another 300 points.

Additional Activities

- Claims Based Incentive Well Woman Exam - earn \$25
- Claims Based Incentive Total Cholesterol Screening - earn \$25
- Claims Based Incentive Mammogram - earn \$25
- Claims Based Incentive Colorectal Cancer Screening (age ≥ 50) - earn \$25
- Claims Based Incentive Annual Eye Exam - earn \$25



YOU DESERVE GOOD HEALTH
START TODAY. REGISTER AT [EMPIREBLUE.COM](https://empireblue.com) OR
DOWNLOAD THE FREE SYDNEY HEALTH MOBILE APP.



Download on the
App Store

GET IT ON
Google Play

If you have any questions, call the Member Services number on your ID card.

1. Empire Health Rewards eligibility applies to only employees and their spouse/domestic partner. Member must be active on the plan and activity must take place during the plan effective year.
2. Reloadable debit rewards card: Once you complete your first health reward activity, you'll receive a reloadable Health Rewards card within 12-20 business days. As you complete additional Health Rewards activities, new rewards are automatically deposited and available to spend using your Health Rewards card. Non-CT-based plans: This card can be used everywhere major credit cards are accepted, but cannot be used at any ATM or to obtain cash. CT-based plans: As of January 1, 2020, reloadable debit rewards card dollars must be used for only qualified medical expenses, as defined in Section 213(d) of IRS Pub 502. Account deposit: Depending upon the reward vendor's process, it can take up to four weeks for rewards disbursements to be delivered after a member's activity is processed at the reward vendor.
3. Well-being Coach Digital is powered by the Lark platform and accessible to the member via Sydney Health.
4. You can achieve either the Well-being Coach reward or the ConditionCare reward.
5. Members ages 18 and over, including subscribers' adult children ages 18 and older, are eligible for gym reimbursement. Gym reimbursement is paid by check. Payout is per member per benefit year. This program is designed to help you make healthy, safe and small changes to your lifestyle. Before taking part in this program, talk to your doctor or health care provider — especially if you are pregnant or have an injury or medical condition. This program may not be right for everyone.
6. You must complete your annual wellness exam and flu shot during your employer group's plan year. Once we receive an Empire claim for an annual wellness examination or a claim for an annual flu shot, you are eligible for the reward. It may take up to 75 business days from the day the preventive care activities are completed for the rewards to be disbursed to your rewards account.

The amount of rewards loaded to the Health Rewards card may be considered income to you and subject to state and federal taxes in the tax year it is paid. We recommend that you consult a tax expert with any questions regarding your tax obligations.

Health and wellness programs are not covered services under your group's medical insurance policy, but are separate components of your group health plan which are not guaranteed under your insurance Certificate and could be discontinued at any time. If it is unreasonably difficult due to a medical condition for you to achieve the standards (if any) for a reward under these programs, or if it is medically inadvisable for you to attempt to achieve the standards for the reward, we will work with you to develop another way to qualify for the reward.

Services provided by Empire HealthChoice HMO, Inc. and/or Empire HealthChoice Assurance, Inc., dba Empire BlueCross. Independent licensees of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield plans.

Be Active Engagement Package

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