

# Get rewarded for making healthy choices



## Earn and redeem credits for your healthy habits

### Get healthy and earn a \$300 e-gift card

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 may earn a \$300 e-gift card reward when you complete six simple tasks.

You must complete **all three** required activities:

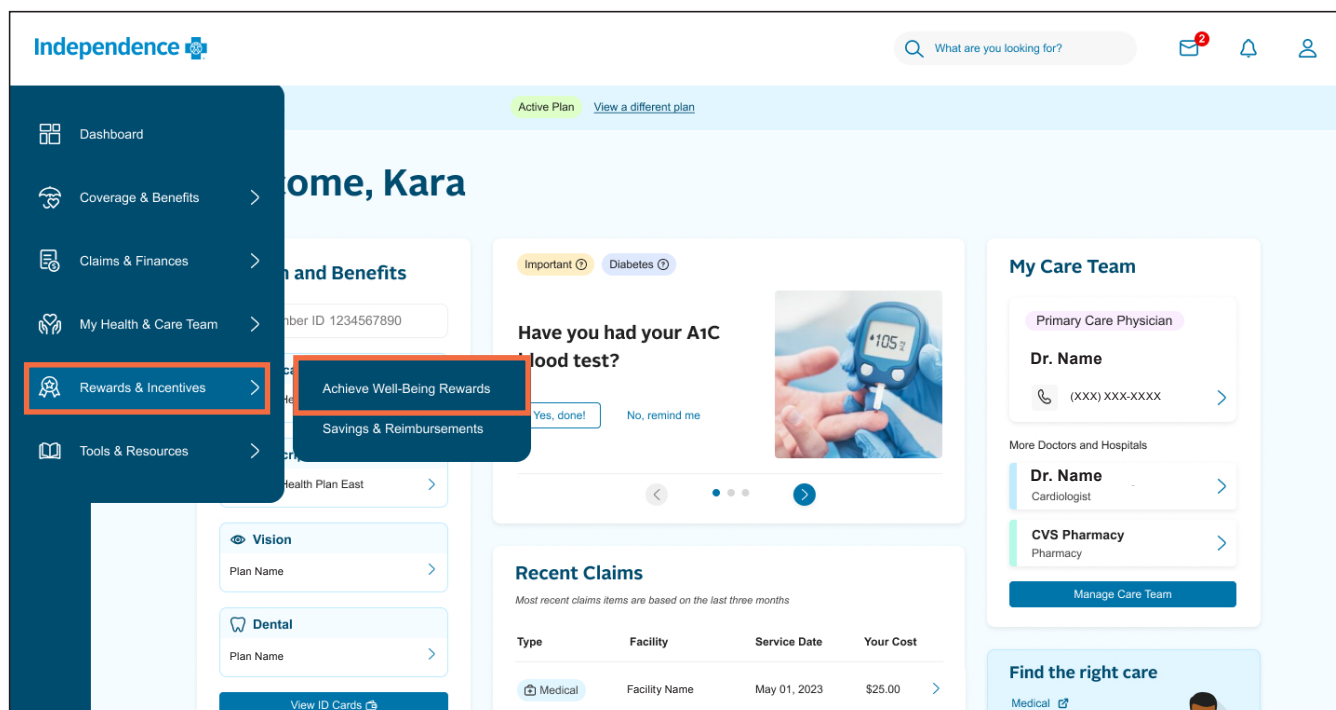
- Annual check-up with primary care physician (PCP)
- Register for Teladoc Health at [teladochealth.com](https://teladochealth.com)
- Get digitally engaged by logging in at [ibx.com](https://ibx.com) and opting in to IBX Wire®



Log in at [ibx.com](https://ibx.com) to start earning rewards today!

You must complete **any three** of the following activities:

- Get a preventive vaccine (e.g., flu, COVID-19, RSV).<sup>1</sup>
- Complete an age- and gender-appropriate health screening.<sup>1</sup>
- Complete your Well-being Profile by logging in at [ibx.com](https://ibx.com).
- Complete a virtual or in-person nutrition counseling visit.
- Visit an IBX network dentist for an exam and/or cleaning.<sup>2</sup>



## Tools for your rewards program

Begin your journey to Achieve Well-being by logging in at [ibx.com](https://ibx.com). You can access your Rewards information by clicking *Rewards & Incentives* from the Dashboard side menu and then clicking *Achieve Well-being Rewards*. Once you are on the rewards page, you can review the rewards program description and deadlines for completing the required activities.

## Start earning today

In the Achieve Well-being section, you can see the activities you need to complete in order to earn credits to redeem as an e-gift card. 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 marked with a check mark and will indicate “Complete.”

## Get rewards

The ultimate benefit of smart living is improved health. But getting rewarded along the way is nice, too. The credits that you earn for your healthy habits are redeemable for e-gift cards.



Options for e-gift cards include Amazon, Dunkin', Best Buy, and many more. You can choose from a combination of e-gift cards not to exceed \$300.

## Rewards

**You can earn up to \$300 in rewards!**

With the rewards program, you can complete suggested activities to help you achieve a healthier lifestyle. Complete the activities listed in your program to earn your reward.

[Read More](#)

**Rewards**  
Earn up to \$300

**Premium Reduction**  
Earn a reduction on your premium

### Keep it up, Kara!

**Your Earnings**  
**\$25.00**  
[View Required Activities](#)

**\$250**  
Available to Earn

**\$25**  
Pending

**Wellness Program**  
ABC Company

**Program Dates**  
January 1, 2025 - December 31, 2025

[Frequently Asked Questions](#)

If the Rewards program is not showing in your member portal account, you may not be part of a group that is eligible for the Rewards program. Please check with your benefits administrator. This program is available to subscribers enrolled in 2025 fully insured small or large group portfolio plans.

Please have your member ID card ready when you call or text to sign up. Text STOP to stop and HELP for help. Terms and conditions available at [myhelpsite.net/ibx](https://myhelpsite.net/ibx). Notification messages within IBX Wire are sent via automated SMS. Enrollment in IBX Wire is not a requirement to purchase goods and services from Independence Blue Cross. Wire is a trademark of Relay Network, LLC, an independent company.

Standard message and data rates may apply.

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.

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GROUP PLANS