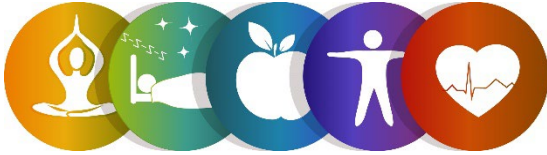


Earn up to \$250 in rewards through the MCSEIC Wellness Program! Program period July 1, 2022 - June 30, 2023



Access Activities and Rewards

- *Anthem's Sydney Health app
- Anthem.com

Redeeming Gift Cards is Easy!

- Redeem digital rewards on My Health Dashboard through either the Sydney app or Anthem.com
- Choose from Mastercard, Amazon, Bed, Bath & Beyond, Gap Options (All Brands), The Home Depot, Target, TJ Maxx, Staples
- Eligible Anthem covered employees and spouses can earn up to \$250 each!

***Download the Sydney App at Google Play or the App Store on your phone!**

	<i>Rewardable Activity</i>	Tracking Method	Annual Reward
Preventive Care	Annual adult wellness exam or well woman exam	Claims	\$25
	Biometric Screening- Attestation form	Claims	\$50
	Colorectal cancer screening, Mammogram or Prostate Cancer Screening	Claims	\$50
	Annual eye exam <i>(Includes diabetic eye exam – Tracked through Anthem medical plan or Anthem vision plan)</i>	Claims	\$25
	Flu Shot <i>(must be Anthem claim)</i>	Claims	\$25
		Sub-total:	
Condition Management	ConditionCare (2 levels – participation, completion)	Completion	\$50 <i>(\$20/\$30)</i>
	Future Moms (3 levels – initial assessment, interim assessment, postpartum assessment)	Completion	\$40: <i>(\$20/\$10/\$10)</i>
	Well-being Coach Telephonic – Tobacco Cessation	Completion	\$25
	Well-being Coach Telephonic – Weight Management	Completion	\$25
	Sub-total:		\$140
Wellness	Login to website or app <i>(1st login per year)</i>	Tracked	\$5
	Connect a device	Tracked	\$5
	Update contact information	Tracked	\$10
	Health Assessment	Tracked	\$20
	Track steps <i>(\$2/50,000 steps)</i>	Tracked	\$60
	Action plans <i>(\$5/action plan completed, max 5 action plans)</i>	Tracked	\$25
	Challenges Rewards: \$25/ per team member once team reaches goal, 2 team challenges/yr	Tracked	\$50
	Sub-total:		\$175
	Total Rewards to choose from:		\$490
	Maximum Annual Reward		\$250