

Earn up to \$200 in rewards through the NEW MCSEIC Wellness Program!

Program period January 1, 2022 - June 30, 2022




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 \$200 each!

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

	Rewardable Activity	Anthem 	Tracking Method	Annual Reward
Preventive Care	Annual eye exam <i>(Includes diabetic eye exam – Tracked through Anthem vision plan)</i>		Claims	\$25
	Annual adult wellness exam or well woman exam		Claims	\$25
	Cholesterol test		Claims	\$20
	Colorectal cancer screening <i>(i.e. colonoscopy, Cologuard)</i>		Claims	\$25
	Flu Shot <i>(must be Anthem claim)</i>		Claims	\$20
	Mammogram <i>(screening mammogram only)</i>		Claims	\$25
Condition Management	ConditionCare <i>(2 levels – participation, completion)</i>		Completion	\$50 <i>(\$20/\$30)</i>
	Future Moms <i>(3 levels – initial assessment, interim assessment, postpartum assessment)</i>		Completion	\$40: <i>(\$20/\$10/\$10)</i>
	Well-being Coach Telephonic – Tobacco Cessation		Completion	\$25
	Well-being Coach Telephonic – Weight Management		Completion	\$25
Wellness	Action plans <i>(\$5/action plan completed, max 5 action plans)</i>		Tracked	\$25
	Connect a device		Tracked	\$5
	Health Assessment		Tracked	\$20
	Login to website or app <i>(1st login per year)</i>		Tracked	\$5
	Track steps <i>(\$2/50,000 steps)</i>		Tracked	\$60
	Update contact information		Tracked	\$10
	Well-being Coach Digital <i>(Mission check-ins, 1st check-in: \$4, next 15 check-ins during 1st quarter: \$4, 25 check-ins for quarters 2-4: \$4 each)</i>		Tracked	\$20
	Maximum Annual Reward			\$200

