

Earn up to $500 per year!*

ThriveWell℠ Rewards

It's easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up. The more you do, the more you'll earn—up to $500 in Rewards Cash. The subscriber and their spouse or domestic partner can participate in the following activities to earn rewards.

Complete this activity to earn Rewards Cash:

Complete by the end of your program year	Complete the Health Check	**$25**

Participate in additional healthy activities throughout the year to earn points!

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards per year
Points	7,000	25,000	40,000	60,000	
Rewards Cash	$25	$45	$70	$85	**$225**

Personify Health is an independent company and offers a digital wellbeing service on behalf of Excellus BlueCross BlueShield, a nonprofit independent licensee of the Blue Cross Blue Shield Association.

*Subscriber and spouse or domestic partner

Excellus Everybody Benefits
A nonprofit independent licensee of the Blue Cross Blue Shield Association

personify HEALTH

Ways to earn:

Look for **How to Earn** in your account for a complete list of all the ways you can earn points.

	Do healthy things:	Earn points:
Getting started	Complete registration	**250**
	First login to mobile app	**250**
	Connect first activity device	**200**
Daily	Upload steps from your activity tracker (per 1,000 steps)	**10**
	Do your Daily Cards (2 per day)	**20**
	Track your Healthy Habits (3 per day)	**10**
	Track sleep nightly	**20**
	Sleep > 7 hours in a night	**50**
	Complete a step in Journeys®	**20**
Monthly	★ Complete 20 Daily Cards in a month	**200**
	★ Track Healthy Habits 20 days in a month	**300**
	★ Track sleep 10 days in a month	**100**
	★ 20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	**400**
	Self-entered measurements	**50/month**
	Join a challenge	**100**
Quarterly	Choose your eating type	**250**
	Choose your sleep profile	**250**
	Complete a Journey (3x per quarter)	**150**
Yearly	Set a wellbeing goal	**200**
	Complete a health checkup/annual exam	**250**
	Invite a friend outside of your company	**100**

★ Earn bonus points!

Signing in and completing activities daily really pays off. Look for activities with a star. Engaging in these activities multiple times in a month earns you extra points.

Who's eligible?

All employees and spouses or domestic partners are eligible to participate in ThriveWell and earn rewards.

Not a member yet? Log into your Excellus BCBS member account to get started at:
Member.ExcellusBCBS.com

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