

# 2024 Anthem Wellbeing Solutions






## Focus on your well-being and earn rewards up to 100 points

The more activities you complete, the more points you earn

Worthington City Schools’ voluntary wellness program offers tools and resources to help you make positive improvements to your health and well-being. Our program was designed with you in mind, because taking care of yourself can help you take care of your family.

If you are entitled to a board health savings account (HSA) contribution, you can earn an HSA contribution when you complete 100 points’ worth of rewardable activities between January 1, 2024, and December 31, 2024. If you are enrolled in the family Medical Plan and cover a spouse, your spouse can also help you earn points. Each of you will need to login at Anthem.com or on the Sydney<sup>SM</sup> Health app to see your points. To get your total points as a couple, simply add your total individual points together.

Activity type	Activities available to complete	Points
 Preventive care	An annual preventive wellness exam or well-woman exam with your doctor	25
	An annual cholesterol test <sup>1</sup>	20
	A colorectal cancer screening (ages 45 and older)	25
	A routine mammogram (women ages 40 to 74)	25
	An annual eye exam	25
	An annual flu shot	20
	An annual dental exam	25

Activity type	Activities available to complete	Points
 <b>Condition management programs</b>	ConditionCare: Work one-on-one with your health coach and earn rewards for participating in and completing the program <sup>2</sup>	Up to 50 (20/30)
	Building Healthy Families: Support is available through the Sydney <sup>SM</sup> Health app wherever you are in your family planning process, such as trying to conceive or raising your toddler <sup>3</sup>	Up to 40 (10/10/10/10)
	Well-being Coach – Weight Management: Receive one-on-one coaching by phone as you complete your goal to earn a reward <sup>4</sup>	25
	Well-being Coach – Tobacco Cessation: Receive one-on-one coaching by phone as you complete your goal to earn a reward <sup>5</sup>	25
 <b>Digital and wellness activities</b>	Log in to your Anthem account	5
	Connect a fitness or lifestyle device	5
	Complete a health assessment and receive tailored health recommendations	20
	Complete action plans around eating healthy, weight management, and physical activity	Up to 25 (5 per action plan)
	Track your steps	Up to 60 (2 per 50,000 steps tracked)
	Complete Well-being Coach digital daily check-ins <sup>6</sup>	Up to 20 (4 per milestone)
	Update your contact information	10

## Well-being Coach can help you meet your goals

The Well-being Coach digital coaching app offers you 24/7 personalized support. Well-being Coach can help you maintain a healthy weight; quit tobacco; and improve your nutrition, exercise habits, mindfulness, and sleep. If you need extra support with weight management or quitting tobacco, talk to a certified health coach. You can access Well-being Coach using the **Sydney Health** app or at **anthem.com**.

## Earn points

Here's how and when you'll earn points for completing the activities already mentioned.



**Preventive care:** Simply visit your doctor for any of the screenings or appointments listed in the chart. Your rewards are added to your account after your claim is processed, which may take up to 60 days. The Worthington City Schools' medical plan covers your preventive wellness exam, recommended cancer screenings, and a flu shot vaccination at no additional cost during the plan year. Eligibility for annual cholesterol tests (such as a full cholesterol lipid panel) is 35 years and older for men and 40 years and older for women. When you schedule your exam, make it clear you are scheduling an annual wellness exam with your care provider. If the claim is not billed as an annual wellness exam, you will not receive your points.

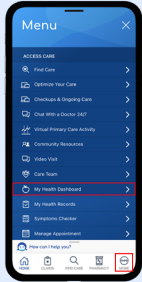


**Condition management:** Points are added to your account as you meet certain benchmarks or complete a program. Programs include ConditionCare (for asthma, diabetes, and heart or lung conditions), Building Healthy Families, and Well-being Coach for weight management and tobacco cessation.

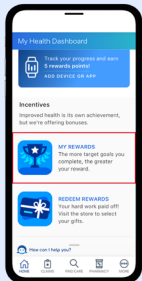


**Digital and wellness activities:** Log in to the **Sydney Health** app or **anthem.com** to complete available activities, such as taking a health assessment, participating in the Well-being Coach digital program, and tracking your steps. Rewards are added to your account as activities are completed.

## How to view your points



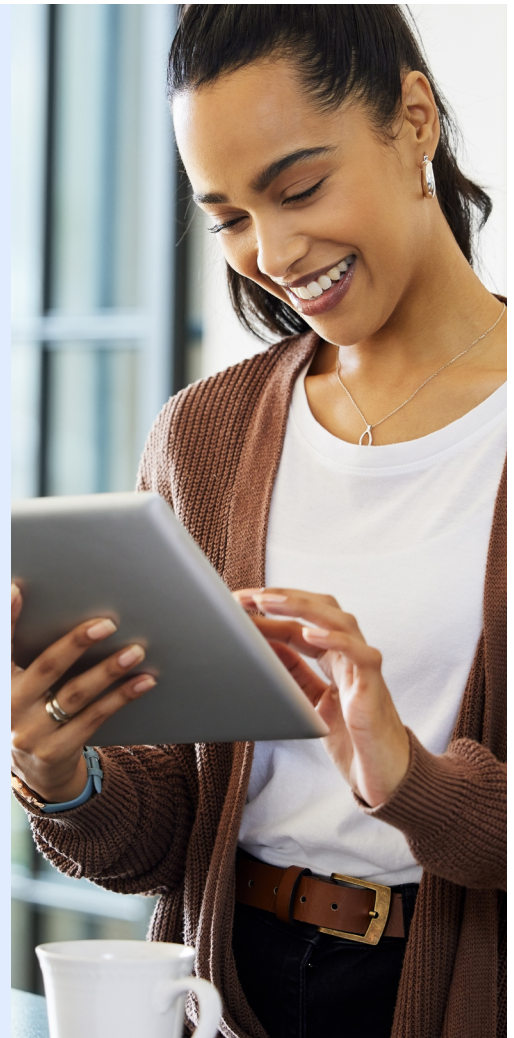
1 To view your points, open the **Sydney Health** app or go to **anthem.com**. Next, go to *My Health Dashboard*.



2 Select **My Rewards**.



Download the **Sydney Health** app by scanning this QR code with your phone's camera.



### Do you have questions?

Log in at **anthem.com** or open the **Sydney Health** app. Then go to *My Health Dashboard* and select **My Rewards** to learn more. You can also call Member Services at the number on your health plan ID card.



1 Annual cholesterol test eligibility: men 35 years and older, women 40 years and older with a full cholesterol (lipid) panel.

2 Adult members identified as moderate or high risk are eligible for ConditionCare and may receive a reward for participation in 1 of 5 ConditionCare programs and completion for 1 of 5 ConditionCare programs: chronic obstructive pulmonary disease (COPD), coronary artery disease (CAD), asthma, diabetes, and congestive heart failure (CHF). Rewards include: 20 points for program participation and 30 points for program completion.

3 Building Healthy Families milestone completion dates: BHF Pregnancy Screener must be completed in first trimester; at least 1 of 6 mini assessments must be completed by one day prior to delivery; postpartum assessment must be completed by 56 days after delivery. Rewards include: 10 points for profile completion; 10 points for a BHF Pregnancy Screener; 10 points for completing at least 1 of 6 mini assessments; 10 points for a postpartum assessment.

4 Well-being Coach Weight Management program (telephonic) is available for members who are identified as high risk based on a body mass index (BMI) of 30 or higher.

5 Well-being Coach Tobacco Cessation program (telephonic) is available for members who are identified as high risk based on any tobacco usage.

6 Members may earn rewards for completing quarterly Well-being Coach digital milestones while logging daily check-in activities on the app. Daily check-in reward values: first check-in: 4 points; next 15 check-ins during first quarter: 4 points; 25 check-ins during second through fourth quarters: 4 points each quarter. Log in to Sydney Health or anthem.com to download the Well-being Coach digital app. Well-being Coach is provided by Lark Health.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

We encourage you to actively participate in your rewards program. Rewards earned should be redeemed before the end of the current plan year. Unused rewards are forfeited three months after the end of your plan year. Make sure to redeem them before then.

All preventive care activities are claims-based, which means your completion is determined when a claim is processed. Medical waivers apply to claim-based activities.

Rewards eligibility applies only to subscribers and their enrolled spouse. Members must be active on the plan and their activity must take place during the plan year. A subscriber and spouse may earn rewards when eligible activities are completed and, in some instances, are verified by an Anthem claim.

The reward amount you receive may be considered income to you and subject to state and federal taxes in the tax year it is paid. You should consult a tax expert with any questions regarding tax obligations.

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