



 REWARDS PROGRAM

GET ACTIVE WITH BLUE CARE ADVISORSM

Earn rewards for taking steps toward your health

Small steps can lead to big rewards

Track your daily steps or your fitness activities and earn points that translate to real dollars.

START EARNING WITH THESE SIMPLE STEPS

Register

Register at bluecrossmn.com/bca or download the Blue Care Advisor app.

Complete the Health Assessment

Once you're logged in, you'll find the Health Assessment under "Rewards," then "Ways to Earn." Based on your results, you'll receive personalized recommendations including helpful tips and resources.



Earn 100 points for completing the Health Assessment

Start tracking

Link your fitness tracker or favorite fitness app to automatically record your activities. You can also track things manually, so everything counts — even yard work!



5,000 steps = 5 points
7,000 steps = 7 points
10,000 steps = 10 points
(max per day)



If you forget to track a day, catching up is easy. Simply go into the app and log your past activity manually up to 30 days prior.



10 points = \$1
Earn a maximum of **\$250 per year**

Earn points anytime throughout the year — there's no monthly requirement.

Collect your reward

Redeem your points in the Reward Center for \$15, \$25, \$50 or \$100 e-gift cards.



Points expire at the end of the program year so make sure you cash in on your hard work!



Employees and spouses* can earn UP TO \$250 ANNUALLY

QUESTIONS?

If you have questions, chat with us online or call the number on the back of your member ID card.

*Employees and spouses must be enrolled in the Blue Cross and Blue Shield of Minnesota health plan. The reward may result in a taxable event for either you or your plans sponsor. Consult your tax advisor. If it is unreasonably difficult due to a medical condition for an individual to participate (or if it is medically inadvisable for an individual to attempt to participate), Blue Cross will provide an alternative program. For more information about obtaining an reasonable alternative, please call the number on the back of your member ID card. Points do not roll over to the next health plan year.

Blue Care AdvisorSM is an offering of Blue Cross[®] and Blue Shield[®] of Minnesota and Blue Plus[®], nonprofit independent licensees of the Blue Cross and Blue Shield Association.

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Seamlessly connect your benefits, programs and expert guidance for a personalized, convenient experience.

Download the app today.