2026 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, 2026, and December 31, 2026. 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 log in at **anthem.com** or on the **Sydney℠ 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[1]	20
	A colorectal cancer screening (ages 45 and older)	25
	A routine mammogram (women ages 40 to 74)	25
	An annual eye exam[2]	25
	An annual flu shot	20
	An annual dental exam	25
Condition management programs	ConditionCare: Work one-on-one with your health coach and earn rewards for participating in and completing the program[3]	Up to 50 (20/30)
	Building Healthy Families: Support is available through the Sydney Health app wherever you are in your family planning process, such as trying to conceive or raising your toddler[4]	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[5]	25
	Well-being Coach – Tobacco Cessation: Receive one-on-one coaching by phone as you complete your goal to earn a reward[6]	25

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Activity type	Activities available to complete	Points
Digital and wellness activities	Log in to your Anthem Blue Cross and Blue Shield 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[7]	Up to 20 (4 per milestone)
	Update your contact information	10

Earn points

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

Preventive care: 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're 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.

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Earn your rewards

Scan the QR code to download Sydney Health app. To view your points, log in to anthem.com or Sydney Health, go to **Menu,** choose **My Health Dashboard** under *Access Care*, and scroll to **Incentives**. Select **My Rewards** to view earned points.

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

2 Annual eye exam reward is available if employer provides vision coverage in addition to medical benefits through Anthem.

3 Adult members identified as moderate or high risk are eligible for ConditionCare and may receive a reward for participation in one of five ConditionCare programs and completion for one of five ConditionCare programs: chronic obstructive pulmonary disease (COPD), coronary artery disease (CAD), asthma, diabetes, and congestive heart failure (CHF). Rewards include 40 for program participation and 60 for program completion.

4 Building Healthy Families milestone completion dates: BHF Pregnancy Screener must be completed in first trimester; at least one of six mini assessments must be completed by one day prior to delivery; postpartum assessment must be completed by 56 days after delivery. Rewards include 15 for profile completion; 20 for a BHF Pregnancy Screener; 20 for completing at least one of six mini assessments; and 20 for a postpartum assessment.

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

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

7 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 are first check-in: 4; next 15 check-ins during first quarter: 4; 25 check-ins during second through fourth quarters: 4 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.

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 with Anthem medical benefits. 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 questions regarding tax obligations.

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

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