

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 $600 in Rewards Cash. The subscriber and their spouse or domestic partner can participate in the following activities to earn rewards that are claims verified and action based.

Complete these activities to earn Rewards Cash

Complete by the end of your program year	Complete two - three activities from the list of preventive services	**$150**
	Complete the Health Assessment	**$50**
	Complete Monthly Wellness Activities	**$100**

Earn up to $600 per year!*

Excellus | Everybody Benefits

Three steps to earn $300:

1 Complete two – three activities from the list of Preventive Services ($150)

- Annual Health Checkup ($100)
- Dental Checkup (2x)** ($25 each visit)
- Eye Exam** ($50)
- Mammogram ($50)
- Colon Cancer Screening ($50)
- Bone Density Test ($50)
- Pap Test ($50)
- Flu Shot ($50)
- Shingles Shot ($50)
- Pneumonia Shot ($50)
- Covid-19 Vaccination ($50)

2 Completing the in-platform Health Risk Assessment Survey ($50)

3 Monthly Wellness Activities ($100)

- $5/$10 per month triggered by members who get 7K/10K steps 20 days a month (verified activity via tracking device)
- $10 per month for completing a monthly journey

Preventive services vary by gender, age, and associated risk factors. Please check with your primary care provider on which screenings are appropriate for you.

Who's eligible?

Employees and spouses or domestic partners on participating company sponsored health plans are eligible to participate. Sign into your online account or call Customer Care to confirm eligibility.

Not a member yet?
Visit Join.PersonifyHealth.com/ThriveWell to get started.

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*Subscriber and spouse or domestic partner.

**Members will only receive Rewards Cash for dental and vision services if the group has coverage through Excellus BCBS. Rewards Cash will not be earned if the member has dental or vision coverage through another carrier.

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.

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