

Anthem Health Rewards- Get Strong and Wellbeing Coach



Get Strong

Engagement package to help encourage preventive care

Includes

Well-being Coach

Employees can receive support to maintain a healthy weight or quit tobacco, with additional help on well-being topics like nutrition, activity, mindfulness and sleep. They can access digital coaching through an app, or members that need additional support can connect with health coaches by telephone or through chat.

Rewards – up to \$200

Flu Shot + Wellness Visit - \$50¹

For receiving both a preventive wellness exam and flu shot based on claims.

Healthy Activities – up to \$150

Register on the app to complete a health assessment and track health activities through a variety of supported devices.



Companies with higher levels of well-being achieve better business outcomes:

2x

More highly-engaged employees

22%

Higher revenue per employee

70%

Fewer highly-stressed employees

\$1k

Lower annual health care costs per employee

\$1k

Fewer days missed per year to unexpected illness or presenteeism²

Available for businesses with 51 or more subscribers. Product availability may vary. Contact your Anthem account representative for more information. Anthem Health Rewards eligibility applies to only employees and their spouse/domestic partner. Member must be active on the plan and activity must take place during the plan effective year.

The amount of rewards loaded to the Health Rewards card may be considered income to you and subject to state and federal taxes in the tax year it is paid. We recommend that you consult a tax expert with any questions regarding your tax obligations.

1. Members can participate by completing an annual wellness exam and obtaining a flu shot during the employer group's plan year. Once we receive an Anthem claim for both an annual wellness examination and a claim for an annual flu shot, members are eligible for the reward.

2. Sources: 2017/2018 Willis Towers Watson Global Benefit Attitudes Survey, U.S.; 2015/2016 Willis Towers Watson Global Staying at Work Survey, U.S.

Sydney My Health Rewards

\$150 rewards

Sydney Health Activities

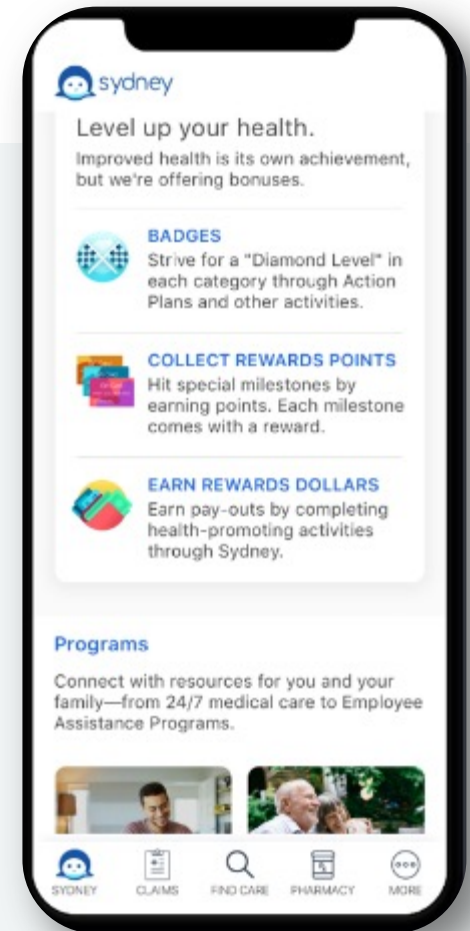
- Login to website or mobile app – *10 points / annually*
- Connect a tracking device - *15 points / annually*
- Complete the WebMD Health Risk Assessment - *75 points / annually*
- Read five articles or watch five videos - *25 points / annually*
 - Article/video topics include: exercise, healthy eating, sleep, family health, mind & body, what's new, trending, and more.
- Set an action plan goal - *10 points / once per quarter*
 - Action plans include: Eat Healthy, Achieve a Healthy Weight, Get Active, Increase Energy, Reduce Stress and Sleep Better
- Complete an action plan goal - *100 points / once per quarter*
- Track steps
 - Averaging 2,000 steps a day - *2 points / monthly*
 - Averaging 5,000 steps a day - *5 points / monthly*
 - Averaging 10,000 steps a day - *10 points / monthly*

Well-being Coach Activities

- First completed Mission daily check-in - 10 points
- Achieve 15 completed Mission daily check-ins during the first three months - 15 points
- Achieve 25 completed Mission daily check-ins during the second three months - 25 points
- Achieve 25 completed Mission daily check-ins during third three months - 25 points
- Achieve 25 completed Mission daily check-ins during fourth three months - 25 points

You will receive a reward payout when you reach the milestones of 100, 200, 300 points. One hundred points equals \$50. Be sure to sync within 30 days to earn points.

Members can use a variety of devices, such as Apple Health Kit®, Google Health™, Fitbit™, Garmin®, iHealth™, Misfit™, Nokia® and more.



Sydney My Health Rewards \$150 – milestone scenarios

My Health Rewards – How to achieve the Milestones (100, 200 and 300 points annually)

Milestone 1

- Login to Sydney – 10 points
- Complete WebMD Health Assessment – 75 points
- Read/Watch articles or videos – 25 points

110 POINTS MILESTONE 1 COMPLETE!

(10 points carryover to Milestone 2)

Earn \$50

Milestone 2

- Start an action plan in Q1 – 10 points
- Complete an action plan in Q1 – 100 points
- Connect a device – 15 points
- Average 5,000-7,500 steps per month for Q1 – 20 points*
- Start an action plan in Q2 – 10 points
- Complete an action plan in Q2 – 100 points

260 POINTS MILESTONE 2 COMPLETE!
(60 points carryover to Milestone 3)

Earn \$50

Milestone 3

- Start an action plan in Q3 – 10 points
- Complete an action plan in Q3 – 100 points
- Average 5,000-7,500 steps Q2, Q3, Q4 - 60 points*
- Start an action plan in Q4 – 10 points
- Complete an action plan in Q4 – 100 points

340 POINTS MILESTONE 3 COMPLETE!

Earn \$50



Well-being Coach brings all the pieces together

- Easy access to live coaches via telephone, click to chat or click to call
- Coaching help for quitting tobacco and losing weight for your healthy and at-risk populations
- Delivered through the Sydney app (required) so it integrates with health trackers
- Metrics and meaningful reporting
- Access to pharmacists who can assist in acquiring prescribed tobacco cessation medications and methods for those trying to quit tobacco products.



How Well-being Coach works



We identify high-risk employees through data or they self-enroll using the Sydney app.



We send a welcome communication to those identified for lifestyle management coaching.



We call all high-risk. They get ongoing coaching, web-based and print resources.



Employees can click to chat or call a coach when they have questions or need help during office hours.



Employees work to achieve their goals. Participants who complete the weight or tobacco program can request a completion certificate.

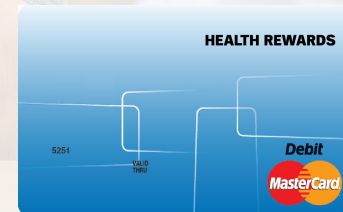


Reloadable debit rewards card

Health Rewards card

A reloadable rewards card that can be used anywhere major credit cards are accepted.*

- › Completion of the first Health Reward activity triggers the automatic fulfillment of a card
- › As members earn additional rewards, they're automatically deposited into their rewards account and available to spend using their Health Rewards card.



*This card can be used everywhere Debit Mastercard, Maestro and NYCE cards are accepted. This card cannot be used at any ATM or to obtain cash.

How to access Anthem Health Rewards



How to access the Get Strong Rewards



Use the Sydney Health app or go to the website, [Anthem.com](https://www.anthem.com)

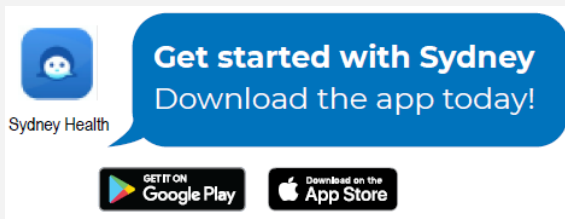
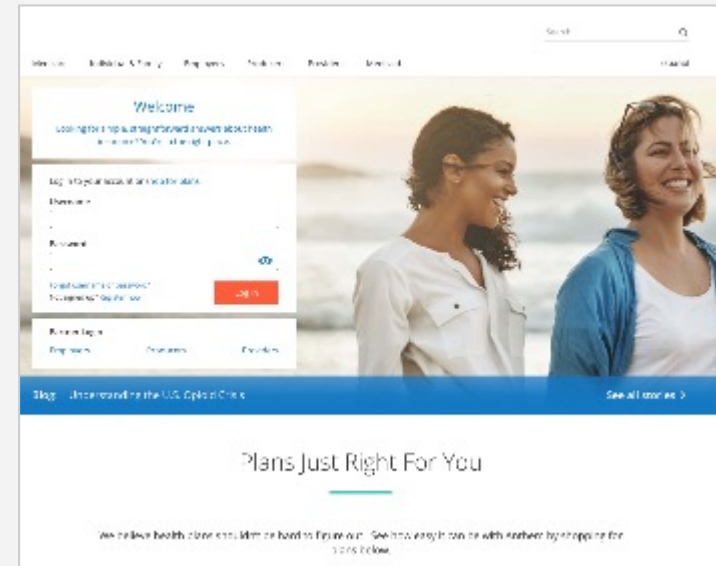
To access the rewards through Sydney:

- › Download the **Sydney Health app**
- › Register and login
- › On the **home page**, click **More** and go to the **My Health Dashboard**

Sydney Mobile



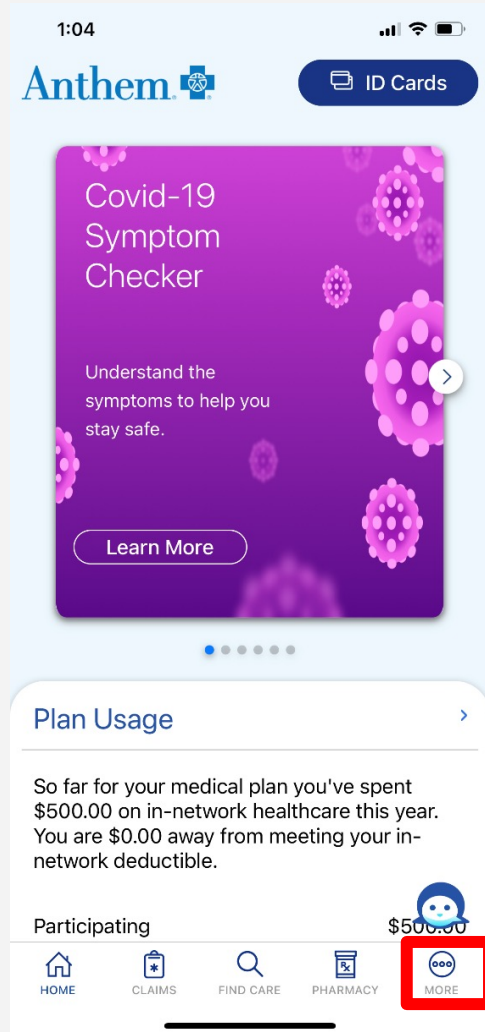
Anthem.com Desktop



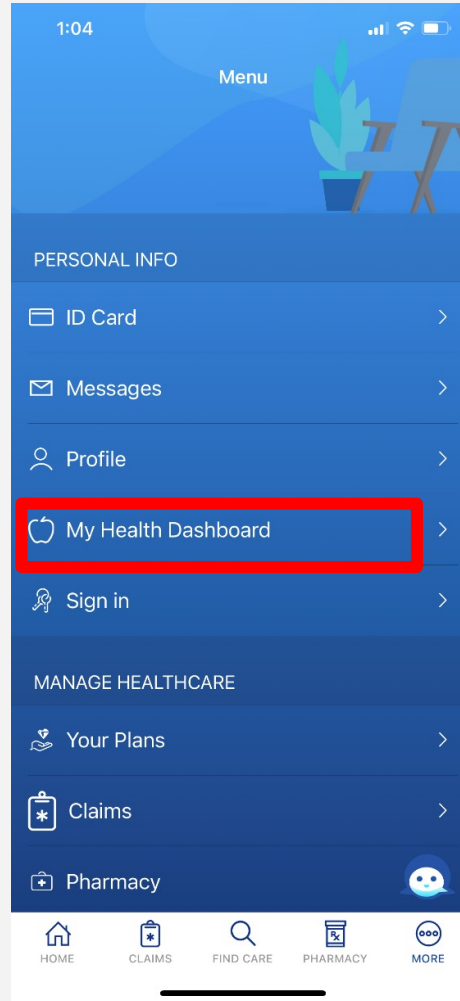
*Screenshots subject to change.



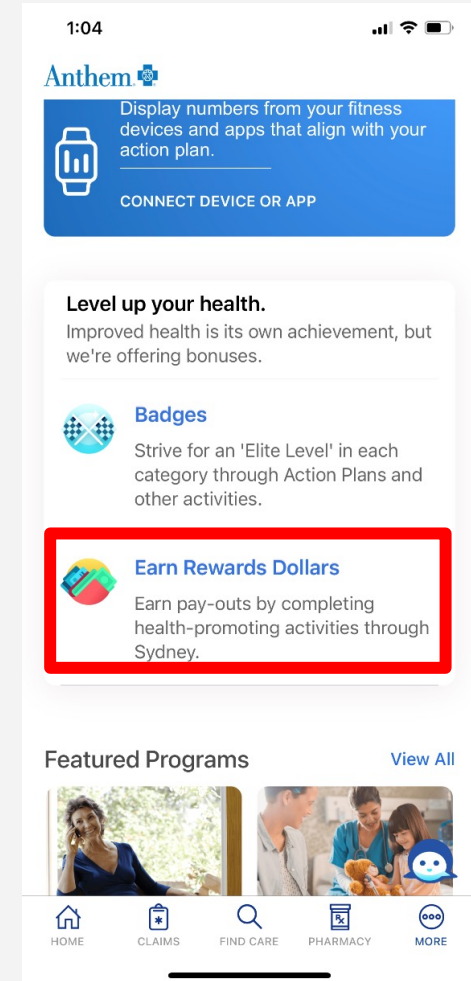
Access via Sydney App



Step 1



Step 2



Step 3

Access via www.Anthem.com/CA

Step 1

Click on My Health Dashboard

Step 2

Click on Anthem Health Rewards

The screenshot displays the Anthem website interface. At the top left is the Anthem logo, which includes the word "Anthem" followed by a blue cross and a shield with a caduceus. Below the logo is a navigation bar with the following links: "My Plan", "Care", "Support", and "My Health Dashboard". The "My Health Dashboard" link is circled in red. To the right of the navigation bar are links for "Español", "Profile", and "Logout". The main content area features several cards. One card on the left shows a woman kissing a baby and is titled "Live Health Online (Lactation Consultation)". Another card on the right shows hands holding a red heart and is titled "Anthem Health Rewards", which is also circled in red. A small chat icon with a red notification bubble containing the number "2" is located in the bottom right corner.