READ ME FIRST

**ThriveWell℠ Rewards for Small Groups**

Please use this toolkit to help educate and engage your workforce with ThriveWell℠, the wellbeing program available to eligible members on the Excellus BlueCross BlueShield plan. Members can earn rewards throughout the benefit year for engaging in healthy behaviors through ThriveWell. Small Group plans have an embedded **$200 reward for subscriber** and **$200 reward for spouse** or domestic partner on the plan.

In this folder you will find a variety of handouts that you can share with employees, including a general overview flyer, a Quick Start Guide for how to register, a detailed Member Guide for how to engage with the program, and a flyer specific to how members can redeem rewards if available.

Additionally, Foodsmart is a digital nutrition program available through ThriveWell that provides members with even more tools and resources to make it easy to eat well. A Foodsmart flyer is also included in folder.

Once you have chosen which materials will go to your team, use one of the ready-to-send emails in this folder to easily share! If you have any questions about which resources are appropriate based on your plan, please reach out to your broker or Excellus BlueCross BlueShield Sales Consultant.

**Additional Video Resources:**

* [ThriveWell Rewards Overview](https://player.vimeo.com/video/1130987229)
* [How to Sign Up for ThriveWell](https://vimeo.com/1097487737/35f863158c)
* [ThriveWell Journeys - Personify Health](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpersonifyhealth.zendesk.com%2Fhc%2Fen-us%2Farticles%2F37068143718683-Journeys&data=05%7C02%7CKatie.Keller%40excellus.com%7C9d51b08bbce1409e0b0108de26c4fd0a%7C1a3204cca5814f7fba4c339683be8bbe%7C0%7C0%7C638990824678578828%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=M9mxR6SxGH5wCWJJIgWfN%2B5ubaGtgnJU7mxrwTijZyM%3D&reserved=0)
* [ThriveWell Healthy Habits - Personify Health](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpersonifyhealth.zendesk.com%2Fhc%2Fen-us%2Farticles%2F38485047243035-Healthy-Habits&data=05%7C02%7CKatie.Keller%40excellus.com%7C9d51b08bbce1409e0b0108de26c4fd0a%7C1a3204cca5814f7fba4c339683be8bbe%7C0%7C0%7C638990824678600964%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=%2FYrY1fn54rdaINrTqYTBskJZDgHxvm1b%2Bqdxypr4vro%3D&reserved=0)