



ThriveWellSM 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 2-3 Activities from the list of preventive services	\$150
	Complete the Health Assessment	\$50
	Complete Monthly Wellness Activities	\$100



Earn up to \$600 per year!*



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

Personify Health's preventive services:

Preventive activity	Frequency (months)
Health checkup	12
Dental checkup	6
Flu shot	12
Eye exam	36
Advanced eye exam	24
Mammogram	24
Colon cancer screening	120
Bone density test	24
Pap test	36
Pneumonia shot	Lifetime
Shingles shot	Lifetime
COVID-19 vaccine	12

Who's eligible?

All employees and spouses or domestic partners are eligible to participate in ThriveWell and earn rewards.



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

*Subscriber and spouse or domestic partner.

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.

