

# Incentives

## Incentives to help you make important lifestyle changes

- **Fitness Program**

- Up to a \$150 annual reimbursement for the cost of fitness center fees

- **Weight Management**

- Up to \$200 annual reimbursement for Weight Watchers<sup>®1</sup> or network hospital program fee

- **Smoking Cessation**

- Up to \$200 reimbursement for the cost of completing an approved program

- **Safety Program**

- Up to \$25 bike helmet reimbursement
- Up to \$25 reimbursement when you take a safety or first-aid course



**We're here for you every step of the way.**



**Independence  
Blue Cross**

[www.ibxpress.com](http://www.ibxpress.com)

**1-800-ASK-BLUE (1-800-275-2583)**

<sup>1</sup>® Weight Watchers is a registered trademark of Weight Watchers International, Inc.