

Get paid for getting healthy

With Healthy Lifestyles Rewards, you get financial rewards when you take steps to improve and maintain your good health. By simply getting preventive screenings, exercising, or taking a CPR course, you can earn HealthPoints. Each HealthPoint is equal to a \$1 credit for your health spending account. It's as easy as 1-2-3. So get started today and enjoy a healthier you.

1. Get started

Register on www.ibxpress.com and start earning HealthPoints just by completing a confidential Personal Health Profile. To begin your profile, select the *Personal Health Profile* link in the *Healthy Lifestyles* section. Learn about your health by answering questions on:

- nutrition
- stress and well-being
- check-ups
- general health habits
- cardiovascular health
- goals for better health

Once done, you'll receive a personal report with detailed suggestions on how you can improve your health.



2. Get healthy and earn HealthPoints

Take healthy actions, at your own pace, and watch your HealthPoints accumulate. Whether you want to quit smoking or just start with a flu shot, Healthy Lifestyles Rewards offers a variety of activities that help you to develop healthy habits. Here's a sample program:

<i>Activities</i>	<i>HealthPoints</i>
Register and complete a Personal Health Profile	50
Visit your primary care physician or OB/GYN	20
Complete a smoking cessation program	30
Get a mammogram	20
Obtain a flu shot	10
Join a fitness program or exercise regularly	45
Take a CPR course	10
Attend nutrition counseling sessions	30

Sample activities/points program. Actual program may vary.

3. Get paid

Each HealthPoint you earn is equal to a \$1 credit in your health spending account.

Not only will you accumulate dollars in your account, but you'll also benefit from the many rewards that typically come with a healthier lifestyle:

- decreased risk for various illnesses and conditions;
- greater chance of controlling conditions that may develop;
- ability to manage stress more effectively;
- improved body image and self-confidence;
- more positive attitude and healthier relationships;
- greater satisfaction in work, personal, and social life.

Welcome JASON	
HealthPoints	
Earned:	65
Redeemed:	0
Available:	65
Deposits:	\$65
Last visit:	2/25/2010

Sign up on www.ibxpress.com today!

Call 1-800-ASK-BLUE (1-800-275-2583) for more information.

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