

## *Get fit and get rewards*

Whether you work out at the gym, take yoga classes, or walk your dog, you and your eligible dependents can earn HealthPoints for getting fit. Complete at least 30 minutes of exercise, three times a week. For each month of exercise, you will earn **5 HealthPoints**. Keep exercising regularly and you can earn up to **45 HealthPoints**. Each HealthPoint you earn is equal to a **\$1** credit in your health account.

Be sure to log your exercise each month by visiting the Healthy Lifestyles Rewards site on [ibxpress.com](http://ibxpress.com).



**Earn \$45 in  
HealthPoints**



Visit [ibxpress.com](http://ibxpress.com) or call **1-800-ASK-BLUE (1-800-275-2583)** for more information on how you can get healthy and get rewarded with Healthy Lifestyles Rewards.