



Get rewarded for your healthy habits

Every healthy step you take matters. Whether you're staying active, working toward a healthier weight, or quitting tobacco, Healthy Lifestyles Rewards gives you motivation (and rewards!) along the way.

Eligible Independence Blue Cross (IBX) members can earn rewards for completing certain health activities. It's one more way IBX makes taking care of your health a little more rewarding.

What rewards can I earn?

IBX members who are 18 and older can earn rewards for completing these approved programs in a calendar year:



Fitness program

Moving your body can help you feel stronger, manage stress, and support overall well-being. You can earn **\$300 in rewards** for completing 120 workouts at an approved fitness center and/or through eligible virtual fitness programs, including Peloton, NordicTrack, Tonal, Mirror, iFIT, and BODi.



Weight management program

The right support can make healthy changes feel more doable. You can earn **\$300 in rewards** for participating in an approved weight management program, including Weight Watchers®, Weight Watchers® Online, Noom, or an approved program offered at an in-network hospital.



Tobacco cessation program

Quitting tobacco is a big step — and one you don't have to take alone. You can earn **\$150 in rewards** for completing an approved tobacco cessation program.

How do I get rewarded?

Getting started with Healthy Lifestyles Rewards is simple. Here's what to do:

- 1. Complete the Health Risk Assessment.** Log in at ibx.com or use the **IBX app** to complete our newly redesigned Wellness Health Risk Assessment. This is the first step to earning rewards and gives you access to your rewards platform.
- 2. Complete an eligible program.** After you finish an approved program, submit your documentation electronically within the calendar year. Your documentation should show proof of participation and payment.
- 3. Get your rewards.** If you're eligible, you'll receive a reloadable Visa® card that can be activated online or by phone. As you earn rewards, they'll be added to your card. You can use it at more than 77,000 participating retailers. For a list of participating retailers, log in to ibx.com or **IBX app** to access your rewards platform. Keep your Visa card for future rewards that you earn.
- 4. Track your rewards.** Log in at ibx.com or use the **IBX app** to access your rewards platform, see your virtual wallet, and track what you've earned and spent.

Questions?

Call the customer service number on the back of your member ID card to learn more about Healthy Lifestyles Rewards.

Independence 

Independence Blue Cross offers products through its subsidiaries Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.

IBX
Never stop caring

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FULLY INSURED MEMBER