

Engagement Package 200

Give your employees extra support to reach their personal health goals

We understand that every employee has their own approach to achieving their wellness goals. Engagement Package 200 rewards employees up to \$200 in retailer gift cards when they take part in a wide variety of condition management, preventive care, and wellness activities that offer them options to meet those goals.

Employees can follow their progress and rewards earned through **anthem.com** or the **SydneySM Health** app.¹ Sydney Health serves as our fully integrated digital platform to help foster the most personalized, optimal experience possible.

Your employees can earn a maximum of \$200 by participating in or completing certain activities, such as:



Employees with access to health improvement incentives are **4x more likely** to have yearly wellness exams and tests than those without – leading to fewer clinical care gaps and increased cost-of-care savings.²

 Preventive care	Annual adult wellness exam or well-woman exam in first 90 days of the plan year	Claims ¹	\$25
	Annual eye exam	Claims ¹	\$25
	Cholesterol test	Claims ¹	\$20
	Colorectal cancer screening	Claims ¹	\$25
	Flu shot	Claims ¹	\$20
	Mammogram	Claims ¹	\$25
 Condition management	ConditionCare	Completion	\$50
	Future Moms	Completion	\$40
	Well-being Coach Telephonic – Tobacco	Completion	\$25
	Well-being Coach Telephonic – Weight	Completion	\$25
 Wellness	Having action plans (\$5 each; max 5x a year)	Tracked	\$25
	Logging in to our website or app	Tracked	\$5
	Syncing devices	Tracked	\$5
	Taking the Health Assessment	Tracked	\$20
	Tracking steps (at every 50k = \$2; max 30 times a year)	Tracked	\$60
	Updating contact information	Tracked	\$10
	Using Well-being Coach Digital	Tracked	\$20



Rewards can be applied toward an electronic gift card from popular retailers, such as Mastercard®, Amazon, Bed Bath & Beyond®, Gap Options (all brands), Staples®, Target, The Home Depot, and TJ Maxx®. The minimum gift card amount is set by each individual retailer. Unused rewards are forfeited, and reward balances will reset to zero at the beginning of the new plan year.

Well-being Coach connects employees to live certified health coaches by phone or through one-on-one text coaching on the Sydney Health app.³ It can help employees make positive lifestyle changes and reach health goals, that may be difficult to reach on their own, including managing stress, sleeping better, quitting tobacco, and maintaining a healthy weight. The program is especially valuable for those at risk for more serious and costly health conditions related to smoking and obesity. Any rewards earned must be redeemed before the end of the current plan year.

We are committed to reimagining what's possible for every moment of your employees' health. With the Engagement Package 200, they can receive the support and guidance they need every step of the way.

To learn more, contact your Sales account representative.

1. Rewards eligibility only applies to employees and their spouse/domestic partner. Members must be active on the plan and activity must take place during the plan effective year.

2. Anthem internal study, 2020.

3. Well-being Coach is powered by the Lark platform and accessible to the member via Sydney Health.

Product availability may vary. The reward amount redeemed by the employee may be considered income to the employee and/or their spouse/domestic partner and subject to state and federal taxes in the tax year it is paid. The employee and/or their spouse/domestic partner should consult a tax expert with any question regarding their tax obligations.

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