

Achieve
Well-being

Engage your employees with our wellness package



Independence Blue Cross (IBX) offers you several ways to help your 51–99 employees achieve their health goals, which means greater savings for you.



Use 5,000 wellness credits

Wellness credits can be used to cover the costs of onsite well-being services, including:¹

- Biometric screenings
- Heart health
- Stress reduction
- Healthy cooking



Engage your employees with event-specific messaging

IBX can work with you to send text and email reminders to your employees to promote your onsite services and/or well-being programs.

Take advantage of support and resources

Ask your broker, consultant, or IBX account executive about these programs and others that can help your employees achieve their well-being goals.

Reward employees for taking healthy steps

Nothing helps motivate action like the promise of rewards!² Achieve Well-being is available when your employees log in at ibx.com or on the IBX mobile app. They can create personalized action plans that make it easy to earn tokens and badges for working towards their well-being goals.

Subscribers may earn a \$300 e-gift card reward when they complete six simple tasks.

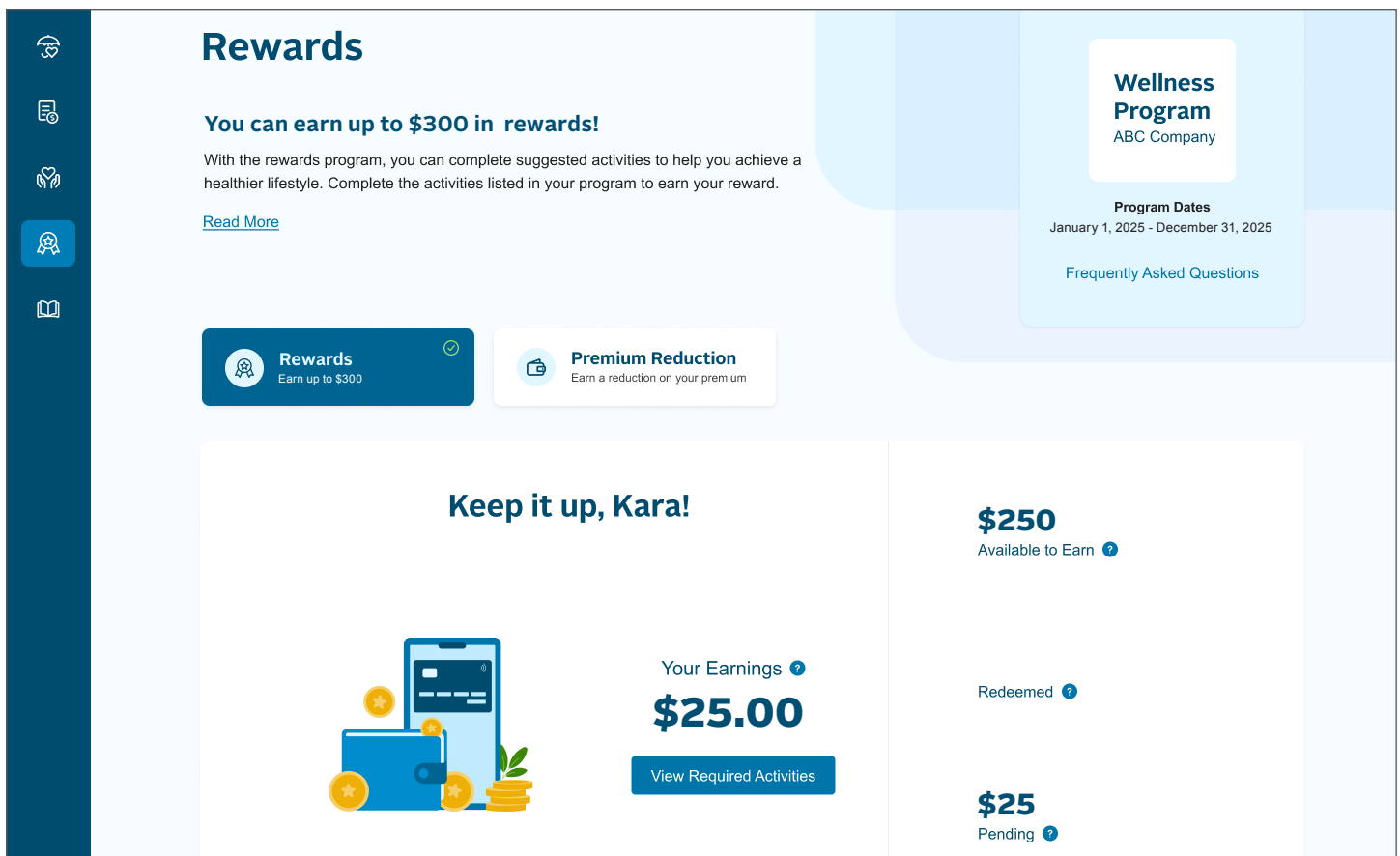
Subscribers must complete **all three** required activities:

- Annual check-up with their primary care physician (PCP).
- Register for Teladoc Health at teladochealth.com.
- Get digitally engaged by logging in at ibx.com and opting in to IBX Wire.[®]

Subscribers must complete **any three** of the following activities:

- Complete an age- and gender-appropriate health screening.³
- Get a preventive vaccine (e.g., flu, COVID-19, RSV).³
- Complete their Well-being Profile by logging in at ibx.com.
- Complete a virtual or in-person nutrition counseling visit.
- Visit an IBX network dentist for an exam and/or cleaning.⁴

Once your employees complete all six activities, they can log in at ibx.com to redeem an e-gift card.



1 See the Wellness Credits Guide for 51–99 Employers for details. Please note: Wellness credits can only be redeemed on vendor services listed in the Guide, which can be found at wellbeing.ibx.com/engage.
 2 Rewards are available only as online e-gift cards through IBX third-party fulfillment. IBX will provide: Terms and Conditions on Rewards home page; one standard Rewards Program launch message via IBX Wire. Rewards packages cannot be customized.
 3 A list of preventive services that are part of the Achieve Well-Being program can be accessed by logging in to ibx.com.
 4 You must have dental benefits through IBX for subscribers to complete this task. Wire[®] is a registered trademark and service mark of Relay Network, LLC., an independent company IBX recommends that the group discuss the program with its legal and/or tax advisor.

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.

