



ThriveWellSM Rewards

It's easy to earn rewards by making healthy decisions. Choose your healthy activities and watch your rewards add up. The more you do, the more you'll earn—up to \$400 in Rewards Cash.

Complete this activity to earn Rewards Cash

Complete by the end of your program year	Complete the Health Check	\$25
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Participate in additional healthy activities throughout the year to earn points and watch your Rewards Cash add up!

	Level 1	Level 2	Level 3	Level 4	
Points	7,000	25,000	40,000	60,000	Total rewards per year
Rewards Cash	\$15	\$35	\$55	\$70	\$175



Earn up to \$400 per year!*

Excellus   **Everybody
Benefits**

Ways to earn

	Do healthy things	Earn points
Getting started	Complete registration	250
	First login to mobile app	250
	Connect first activity device	200
Daily	Upload steps from your activity tracker (per 1,000 steps)	10
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	10
	Track sleep nightly	20
	Sleep > 7 hours in a night	50
	Complete a step in Journeys®	20
Monthly	★ Complete 20 Daily Cards in a month	200
	★ Track Healthy Habits 20 days in a month	300
	★ Track sleep 10 days in a month	100
	★ 20-Day Triple Tracker: 7,000 steps/ 15 active minutes/15 workout minutes	400
	Self-entered measurements	50/month
	Join a challenge	100
Quarterly	Choose your eating type	250
	Choose your sleep profile	250
	Complete a Journey (3x per quarter)	150
Yearly	Set a wellbeing goal	200
	Complete a health checkup/annual exam	250
	Invite a friend outside of your company	100

Who’s eligible?

All subscribers and spouses or domestic partners are eligible to participate in ThriveWell and earn rewards.



Not a member yet?

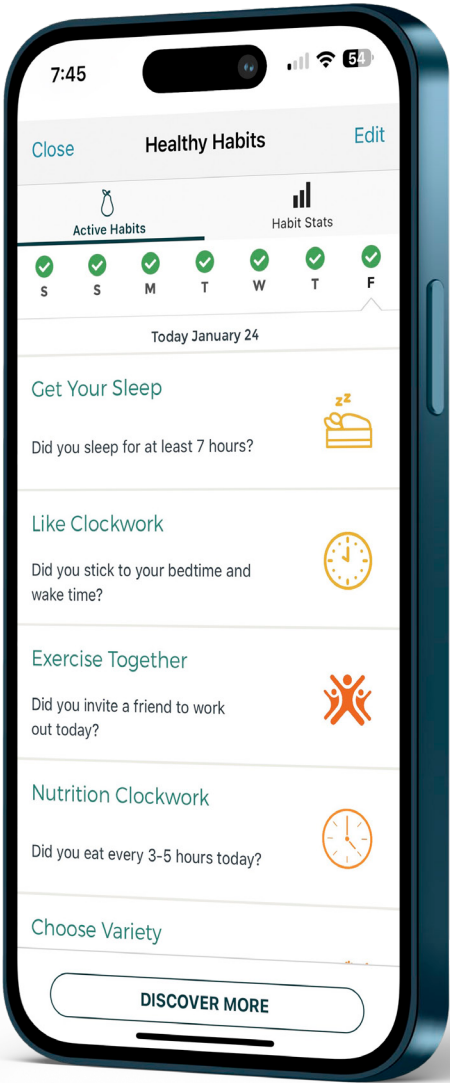
Visit Join.PersonifyHealth.com/ThriveWell to get started.

★ Earn bonus points!

Want to reach Level 4?

Do healthy things every day and earn big rewards. Look for the symbol above for a sampling of what you can earn.

Look for **How to Earn** in your account for a complete list of all the ways you can earn points.



* \$200 per subscriber and \$200 per spouse or domestic partner.
 Personify Health is an independent company and offers a digital wellbeing service on behalf of Excellus BlueCross BlueShield, a nonprofit independent licensee of the Blue Cross Blue Shield Association.