

Achieve
Well-being

Get rewarded for your healthy choices



As a PAISBOA HBT member, you can earn \$200 in gift cards just by completing five healthy actions! Log in at ibx.com to start earning your Achieve Well-being rewards.

With Achieve Well-being, you can bring healthy habits within reach. This online program offers a personalized set of well-being tools and resources to help you achieve what's important to you in a way that's simple, easy, and fun. And as a PAISBOA HBT member, you'll get rewarded!

Log in today at ibx.com to start earning!
See reverse side for further instructions.

You'll earn \$200 in gift cards when you complete all the following activities:

- Visit your primary care physician for an annual check-up.
- Complete an age- and gender-appropriate screening.
- Complete your Well-being Profile (takes about 15 minutes).
- Complete at least one online well-being program, which you can find by clicking the *Action Plan* tab and then *Add New*. Click **+** to see a full list of programs.
- Opt in to receive IBX Wire messages, and you'll get important plan notifications, health screening reminders, and information about your rewards progress. Simply text **IBX Wire** to **73529**.

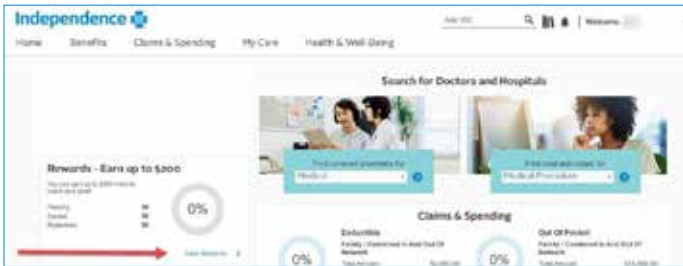
After completing all five activities, you'll earn \$200 in gift cards. You may redeem your reward once per plan year (now through October 31, 2021).*

*IRS rules require that the gift card(s) be reported as income.

Log in today to start earning!

Follow these steps to start earning your Achieve Well-being rewards.

1. Log in at ibx.com. Click the *View Rewards* link in the Rewards section of the homepage.



2. Click the *Rewards* tab from the top menu to see what activities you need to complete to earn gift cards.



Not registered for ibx.com yet? Don't worry — it only takes a couple of minutes! Just be sure to have your member ID number handy.

Questions?

Call Customer Service at the number on the back of your member ID card.

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

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