

Earn up to \$300 in gift cards through health and wellness programs

It's true that good health is its own reward — but getting something extra feels good, too. That's how the Anthem Health Rewards program works. Just complete the Well-being Assessment using the health assessment tool (HAT). You can earn a \$200 HRA deposit. Then become eligible for up to \$300 in rewards when you participate in health and wellness programs offered by your health plan.

This guide shows you what you have to do to earn rewards and what the reward amounts are. You build up points, which you can trade in for gift cards of up to \$300 from popular stores, restaurants, travel or Visa gift cards!¹

Make healthy choices and treat yourself with these rewards:¹

- Know Your Numbers health screening — \$100
- Healthy Lifestyles Online — \$100
- Employee Health Education Program — \$100
- Preventive care screening — \$100
- ConditionCare disease management program — up to \$200
- Flu vaccination — \$100

Program name	How to earn rewards (100 Health Reward points = \$100 gift card ¹)
Know Your Numbers	Earn 100 Health Reward points for completing a worksite health screening. Or you may have the screening done as part of a well-adult visit with your health care provider. Have your doctor fill out a form and send it to Healthways. ²
Healthy Lifestyles Online	Participate in Healthy Lifestyles Online by completing healthy activities. When you reach 5,000 Healthy Lifestyle points, you'll get 100 Health Reward points.
Employee Health Education Program	Earn 100 Health Reward points for completing the three presentation modules of the Employee Health Education Program. ²
Preventive care screening	Earn a maximum of 100 Health Reward points for an adult wellness exam, well-woman exam, mammogram or colorectal cancer screening. After the claim is processed, you'll get your reward points.
ConditionCare	Earn 100 Health Reward points for taking part in the Anthem ConditionCare disease management program for asthma, diabetes, chronic obstructive pulmonary disease, coronary artery disease or heart failure. You'll get another 100 points for graduating from the program. Only employees with at least one of the five conditions are eligible for this reward.
Flu vaccination	Earn 100 Health Reward points by reporting your flu vaccination date on your Health Rewards page online.

Start enjoying Anthem Health Rewards today

After you complete your activities, you can redeem your reward points. Log in at **anthem.com** and go to the *Health & Wellness* page. Choose **Get My Rewards**.

Gift cards are taxable and will be reported as income.

If you're a full-time state employee covered as a dependent on the health plan, you're eligible for Health Rewards.^{1,2}

For more information on the Health Reward activities, visit <http://das.nh.gov/wellness>.

¹ Each employee must complete the Well-being Assessment using the health assessment tool (HAT) to be eligible for gift cards; maximum of \$300 in gift cards per employee.

² For details, go to <http://das.nh.gov/wellness>.

