



EARN REWARDS FOR HEALTHY DECISIONS

You can earn up to **\$400 in gift cards** each year through our rewards program. Get started by taking a free **Personal Health Assessment (PHA)** at bcbst.com/yourhealth.

First, you'll have to take your PHA. After that, you can earn rewards by:

- Registering for and using Teladoc Health
- Working with a Case Manager
- Getting a flu shot
- Tracking your fitness
- Getting an annual wellness exam
- Cancer screenings (mammogram, colorectal, cervical or prostate)
- Diabetes Management (A1C, urine test and kidney function)
- Completing our Healthy Maternity Program



EXCLUSIVE DISCOUNTS

Our member discount program lets you save on fitness-related products and services like **gym memberships, workout gear, personal care, nutrition** and **more**.

Find out more at bcbst.com/memberdiscounts